



# **ENCYCLOPEDIA OF DIET**



# ENCYCLOPEDIA OF DIET

*A Treatise on the Food Question*

IN FIVE VOLUMES

EXPLAINING, IN PLAIN LANGUAGE, THE  
CHEMISTRY OF FOOD AND THE CHEMISTRY OF  
THE HUMAN BODY, TOGETHER WITH THE ART OF  
UNITING THESE TWO BRANCHES OF SCIENCE IN THE  
PROCESS OF EATING SO AS TO ESTABLISH NORMAL  
DIGESTION AND ASSIMILATION OF FOOD AND  
NORMAL ELIMINATION OF WASTE, THEREBY  
REMOVING THE CAUSES OF STOMACH,  
INTESTINAL, AND ALL OTHER  
DIGESTIVE DISORDERS

BY

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VOLUME IV

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## **LESSON XV**

**CURATIVE  
AND  
REMEDIAL MENUS  
CONCLUDED**



## SPRING MENU

*LOW VITALITY—UNDERWEIGHT  
WEAK DIGESTION*

Take a cool sponge or a shower bath, a few minutes' vigorous exercise, and a cup of hot water just after rising.

## BREAKFAST

Strained orange juice, diluted—one-half water  
 One egg whipped five or six minutes with a rotary egg beater, to which add a spoonful of sugar, a flavor of pineapple juice, and a glass of milk  
 Half-cup of wheat bran, cooked, and a spoonful or two of steamed wheat

## LUNCHEON

Three eggs prepared as for breakfast, adding two glasses of milk. Drink slowly

## DINNER

A two-egg omelet rolled in cream and grated nuts  
 Puree of peas or beans  
 A small baked potato

Take sufficient wheat bran night and morning to keep the bowels in normal action.

SUMMER MENU

*LOW VITALITY—UNDERWEIGHT*

*WEAK DIGESTION*

A very ripe peach or plum, a cup of cool water, exercise and deep breathing on rising.

BREAKFAST

Cantaloup, peaches, cherries, or any very ripe sweet fruit

Buttermilk or egg, prepared choice

A baked sweet potato

LUNCHEON

Three glasses of milk, taking one-half glass every five or six minutes

A small portion of wheat bran, cooked

DINNER

A green salad

An ear of tender corn

One or two fresh vegetables such as onions, beans, spinach, beets

## FALL MENU

*LOW VITALITY—UNDERWEIGHT  
WEAK DIGESTION*

BREAKFAST

- A small portion of wheat bran, well cooked
- A cup of warm milk
- One egg, whipped very fine, to which add a very little sugar and lemon juice. Take this uncooked
- A few baked chestnuts eaten with butter

LUNCHEON

- String beans or carrots—masticate very thoroughly
- A large Spanish onion, boiled
- A baked potato
- Wheat bran

DINNER

- Choice of tender fish or chicken
- A portion of spinach
- A baked potato
- Onions, en casserole
- A small portion of wheat bran

## WINTER MENU

*LOW VITALITY—UNDERWEIGHT  
WEAK DIGESTION*

**FIRST DAY:** Drink two glasses of water immediately after rising. Eat one-fourth pound of grapes or some juicy fruit. Devote from three to four minutes to deep breathing exercises.

## BREAKFAST

(Half hour later)

Whole wheat, cooked; serve with cream or butter

A baked sweet potato

A cup of milk

A small portion of wheat bran eaten with thin cream

## LUNCHEON

A large, boiled Spanish or Bermuda onion

A small portion of carrots, thoroughly cooked

A spoonful or two of wheat bran

## DINNER

A cream soup made from celery or onions  
Rice made into a thick purée, or a baked potato,  
carrots, onions, or turnips  
A spoonful or two of wheat bran

Just before retiring, take a spoonful or two of wheat bran, uncooked, in a little water, and devote as much time as possible to deep breathing exercises.

From one to two glasses of water should be drunk at each of the above meals. It may be taken hot if preferred. If something hot is desired, as a beverage, take a cup of sassafras tea with a little cream and sugar.

**SECOND DAY:** The same as the first.

**THIRD DAY:** The same as the second, slightly increasing the quantity of food if demanded by normal hunger.

**FOURTH DAY:** Exercises, water-drinking, and fruit as prescribed for the first day.

BREAKFAST

Two extremely ripe bananas, eaten with thin cream and nut butter or nuts masticated very fine. (They should be baked if not exceedingly ripe)

A cup of sassafras tea or chocolate

LUNCHEON

Three glasses of buttermilk

Two beaten egg whites with three teaspoonfuls of sugar

A tablespoonful of wheat bran

DINNER

A portion of boiled onions and tender carrots, cooked until very soft

Two baked white potatoes eaten with a little butter

Two egg whites prepared any way they are most appetizing

A cup of water, hot or cold

**FIFTH DAY:** The same as the fourth.

**SIXTH DAY:** The same as the first, repeating the menus for a week or two.

Such vegetables as sweet potatoes, parsnips, baked beans and pumpkin may be added as digestion and assimilation improve.

For recipe for baked bananas, see p. 677; for cooking vegetables, see p. 670.

**MENUS FOR OBESITY**

**SPRING MENU**

*OBESITY—IRREGULAR HEART ACTION  
NERVOUSNESS*

Fruit-juice, a glass of water, and ten minutes devoted to vigorous exercise and deep breathing just after rising.

**BREAKFAST**

Choice of fruit  
A cup of hot water  
Two or three exceedingly ripe bananas (red variety preferred), eaten with raisins, nuts, and cream

**LUNCHEON**

A portion of fresh fish and a new baked potato

**DINNER**

A green salad with dressing and nuts  
Peas or asparagus  
A rare omelet with a dash of grated nuts  
A bit of crisp corn bread or a bran meal gem

Most people afflicted with obesity are also afflicted with abnormal appetite, therefore at the outset they may undergo some deprivation, but if this is not yielded to, hunger will soon become normal.

The appetite for an excessive quantity of food is very much like the appetite for coffee, intoxicants, or tobacco, and when the appetite once becomes abnormal and is not held under control, either obesity or chronic autointoxication will be the result.

Luncheon should be omitted unless very hungry.

## SUMMER MENU

*OBESITY—IRREGULAR HEART ACTION  
NERVOUSNESS*

## BREAKFAST

Melon, peaches, or berries  
Tender fish, broiled  
A new potato or a bran muffin

## LUNCHEON

Corn or beans  
A salad—lettuce or celery

## DINNER

A light soup—vegetable  
Eggplant, okra, beans, or squash  
Bran gems or a potato  
Nuts, with a lettuce salad

**FALL MENU**

***OBESITY—IRREGULAR HEART ACTION  
NERVOUSNESS***

**FIRST DAY:** Immediately on rising, drink a cup of hot water, followed by a cup of cool water. Devote as much time as possible (from three to ten minutes) to such exercises as can be endured. (See Vol. V, pp. 1343 to 1346.) Inflate lungs to their utmost capacity every third or fourth movement.

Secure a spirometer and increase the lung capacity until it registers about two hundred and fifty cubic inches. This is exceedingly important.

**BREAKFAST**

A cantaloup or soaked, evaporated peaches  
Baked chestnuts  
Bananas with cream  
Bran meal gems

**LUNCHEON**

A salad  
Carrots, squash, beets, parsnips, or turnips  
A potato or lima beans

SUPPLEMENTARY LUNCHEON

(To be taken in office)

Two exceedingly ripe bananas, with nut butter and raisins

Two glasses of water

(Or the following at a restaurant or cafe)

Choice of the following vegetables—boiled onions, carrots, parsnips, squash, or tender corn

A baked potato

A glass of water

DINNER

Choice of two vegetables from the selection given for luncheon

A green salad

A baked sweet or a white potato

Two egg whites and one yolk very lightly poached

Two glasses of water

Devote about ten minutes to exercising and deep breathing just before retiring.

**SECOND DAY:** The same as the first, slightly increasing or decreasing the quantity of food according to normal hunger.

It will probably be necessary to draw a very sharp distinction between appetite and hunger. (See Spring Menu, "No Appetite," p. 1081.)

**THIRD DAY:** The same as the first, if entirely agreeable.

If the bowels should become too lax, a small portion of rice, cooked in milk, might be taken with both the morning and the evening meal, omitting a similar quantity of other foods.

**FOURTH DAY:****BREAKFAST**

Two eggs, whipped from five to eight minutes, into which whip a rounded teaspoonful of sugar, and a dessert-spoonful of lemon juice

Half a glass of water

**LUNCHEON**

A vegetable salad, with a few nuts

A baked sweet potato

(These two articles should compose the entire meal)

**DINNER**

Spinach (cooked), or a salad of lettuce and celery with English walnuts, masticated infinitely fine

Choice of one or two fresh vegetables, including a small, baked white potato

**FIFTH DAY:** The same as the fourth.

**SIXTH DAY:** The same as the first, repeating the diet for about two weeks.

## WINTER MENU

**OBESITY—IRREGULAR HEART ACTION  
NERVOUSNESS**

**FIRST DAY:** Immediately after rising, drink a glass of cool water, and the juice of a sweet orange. Devote as much time as possible (five to ten minutes) to vigorous exercises.

## BREAKFAST

- A cup of hot water
- One banana
- Two egg whites and one yolk very lightly poached
- A small, baked white potato, with butter; eat skins and all
- A small portion of wheat bran cooked five minutes

**NOTE:** If the quantity seems insufficient, a corn-meal muffin may be eaten.

## LUNCHEON

- Boiled onions, carrots, or turnips
- A baked potato—eat skins and all
- One egg boiled two minutes

## DINNER

Celery, endive, or lettuce, with nuts or a simple dressing

Turnips, carrots, spinach, boiled onions—any two of these

A baked white potato, served hot with butter and salt

A portion of wheat bran cooked five minutes

A portion of gelatin, with thin cream

Just before retiring, devote from three to five minutes to exercising. Drink a glass of water, take a spoonful or two of wheat bran, and either a few California grapes or the juice of an orange.

**SECOND DAY:** The same as the first, slightly varying the meals by choosing different vegetables from the following selections:

Beans	Potatoes
Beets	Pumpkin
Cabbage	Spinach
Carrots	Squash
Onions	Turnips
Parsnips	

**THIRD DAY:** The same as the second, adding one very ripe banana, eaten with

thin cream and raisins, to the morning meal, and a few nuts, if desired.

Banana, nut butter, raisins, and cream make a delicious combination. The entire breakfast could be made of these with good results.

**FOURTH DAY:** Exercise, water-drinking, and deep breathing just before retiring and just after rising, as prescribed for the first day.

**BREAKFAST**

A few Malaga grapes or a sweet orange

Two exceedingly ripe bananas, eaten with thin cream and nut butter

A cup of junket, or a small portion of gelatin with a very little sugar and thin cream

One egg prepared as per recipe in "Introduction to Menus" if the appetite will accept it.

(See p. 678.)

**LUNCHEON**

A green salad

A small portion of fish or chicken

A baked potato

A cup of hot water

**DINNER**

One or two fresh vegetables—choice

A glass of buttermilk with a small piece of corn bread

A small portion of gelatin with thin cream

If the bowels are not normal, a portion of wheat bran should be taken at the morning and the evening meal.

Both digestion and assimilation of food can be largely increased by daily taking

exercise No. 3 (see Vol. V, p. 1344), vigorously, for ten or fifteen minutes just after rising and just before retiring.

**FIFTH DAY:** Same as the fourth, slightly increasing or decreasing the quantity of food according to hunger.

**SIXTH DAY:** Same as the first, repeating, for a period of two or three weeks, the menus as given, varying the meals by choosing different vegetables in the same class as those prescribed.

## SPRING MENU

*ABNORMAL APPETITE  
OBESITY—DROWSINESS*

## MENU I

## MENU II

## BREAKFAST

The juice of a sweet orange, or a dish of very ripe berries, with sugar only	Fruit—choice
Two very ripe bananas eaten with thin cream, dates, and nuts, masti- cated exceedingly fine	One whole egg
Two glasses of water or a cup of thin cocoa	A bran meal gem or a small portion of corn bread
	One extremely ripe banana with figs, thin cream, and nuts

## LUNCHEON

A lettuce and tomato salad, with nuts	One very ripe banana
One vegetable—fresh peas, beans, spinach, or onions	A spoonful or two of nuts
One very small, baked potato	One or two figs, or two dates
One glass of water	One glass of water

## DINNER

A salad of lettuce and tomatoes	A salad
Choice of two vegetables— asparagus, beans, beets, onions, peas	Asparagus, or peas cooked and served in the pod
A small, baked potato	A baked white potato
A very small portion of fish, or white meat of chicken	

Menus No. 1 are slightly heavier than Menus No. 2. Choice may be exercised between them, according to hunger, or according to activity or amount of work done.

One glass of water should be drunk at each of the dinner meals.

Two or three tablespoonfuls of wheat bran should be taken twice a week with both the morning and the evening meal. The bran should be cooked five minutes, and eaten with a spoonful of cream.

## SUMMER MENU

*ABNORMAL APPETITE  
OBESITY—DROWSINESS*

## MENU I

## MENU II

## BREAKFAST

A cantaloup	Two or three very ripe peaches with sugar and cream
One exceedingly ripe red banana, eaten with nut butter; masticate very fine	A cantaloup
Three egg whites and one yolk, poached lightly, eaten with corn or a small potato	Bran gems or whole wheat

## LUNCHEON

A lettuce and tomato salad, eaten with nuts	Two glasses of buttermilk
Carrots, peas, or beans	Onions, en casserole

## DINNER

A very small portion of fresh fish	Two ears of tender corn
A small, baked potato	An egg, with cooked spinach, or a small portion of green salad
Green corn	
Spinach and corn, cooked	

From one to two glasses of water should be drunk at each of these meals.

The accumulation of gas after meals can be largely controlled by extreme mastication, very slow, deliberate eating, and copious water-drinking at meals.

If constipated, take, immediately on rising and just before retiring, a half pound of grapes, swallowing the skins, seeds and pulp. Do not masticate the seeds or pulp. If preferred, half a cup of coarse wheat bran may be taken twice daily instead of grapes.

If the bowels should become slightly lax, the seeds of the grapes should be omitted at night.

Health is Nature's gift to the young; after that, it is a thing that must be earned.

## FALL MENU

***ABNORMAL APPETITE  
OBESITY—DROWSINESS***

## FIRST DAY:

## BREAKFAST

One glass of water  
A melon  
Two or three extremely ripe peaches  
Three egg whites, poached very lightly  
A bran meal gem  
One exceedingly ripe red banana (must be black spotted), with nut butter and thin cream

## LUNCHEON

One egg, whipped, mixed with a large glass of milk (A half hour later, eat two or three exceedingly ripe peaches)

## DINNER

Half a glass of water  
Half a cantaloup  
A lettuce and tomato salad  
Two medium ears of tender corn  
A small portion of tender fish

**NOTE:** I would advise a spirometer for measuring the capacity of the lungs. The normal lung capacity for a man 5 feet 7 to 10 inches in height should be about 300 cubic inches, and for a woman 5 feet 3 inches, 180 to 200 cubic inches. The ability to use surplus food, which the appetite will continue to demand for some time, will depend upon the amount of exercise and deep breathing taken, and the consequent lung capacity.

**SECOND DAY:** Same as the first, slightly increasing the quantity of food taken at each meal, if demanded by **NORMAL HUNGER.**

**THIRD DAY:****BREAKFAST**

One glass of water  
Choice of melon, peaches, or plums  
An exceedingly ripe banana, eaten with thin cream  
One whole egg, or a small piece of broiled fish  
A very small baked potato—sweet or white

**LUNCHEON**

One or two glasses of buttermilk  
An ear of corn

**DINNER**

One glass of water  
A small ear of tender corn—boiled  
Choice of fresh green beans or tender lima beans  
Spinach, or a salad or anything green  
A very small portion of broiled fish (If preferred, chicken may be eaten at this meal)  
A baked potato

**Just before retiring, eat a few peaches or some grapes.**

**If sleepy or drowsy after meals, devote from one to two minutes to exercises**

**Nos. 3 and 5** (see Vol. V, pp. 1344 and 1345), together with deep breathing, before an open window or in the fresh air.

**FOURTH DAY:** Same as the third.

**FIFTH DAY:** Same as the first, repeating these menus for about thirty days, making such variations in vegetables and fruits as demanded by normal hunger.

These menus will seem insufficient in quantity measured by appetite, but appetite, which comes from irritation of the mucous surface of the stomach, is not a safe guide.

See menus for "No Appetite," p. 1081.

The greatest difficulty will be experienced the first week. After that, nature will begin her process of adjustment, and the patient will begin to reduce in weight and gain in strength; sleep will become more restful and the sleepy and drowsy feeling after meals will gradually disappear.

The following natural laws should be rigidly observed:

- 1 Limit the quantity of food to the actual needs of the body
- 2 Thorough and complete mastication
- 3 An abundance of deep breathing
- 4 A given amount of vigorous exercise every day

## WINTER MENU

*ABNORMAL APPETITE  
OBESITY—DROWSINESS*

## MENU I

## MENU II

## BREAKFAST

Bananas, very ripe, baked, eaten with thin cream	Boiled wheat, eaten with thin cream
A spoonful or two of wheat bran	A spoonful of nuts, with anything green in the way of a salad—celery, lettuce, or romaine
One egg, whipped, to which add a very little sugar and a few drops of lemon juice	(Anything green may be taken with Menu I—breakfast)

A cup of hot water, chocolate, cocoa, or sassafras tea may be taken after either one of these meals.

## LUNCHEON

Carrots, squash, pumpkin, beets, or turnips	Same selections as Menu I (luncheon); select one vegetable, or omit vegetables entirely, and take two eggs, whipped with a little sugar and lemon juice; add a glass or two of milk
Sweet or white potatoes	

## DINNER

A bit of anything green—celery, spinach, or lettuce eaten with oil, salt and nuts	One or two of the same vegetables as in Menu I (dinner)
Choice of any fresh vegetable named for luncheon	Anything green, as a salad
A baked sweet or a white potato	One egg, or a bit of fish, if desired
A few nuts, and one extremely ripe banana as a dessert	

For recipe for baked bananas and whipped eggs, see pp. 677 and 678, Vol. III.

SPRING MENU  
*FOR DECREASING WEIGHT AND  
INCREASING STRENGTH*

BREAKFAST

Whole wheat, thoroughly cooked  
Two bananas, baked, if not very ripe; serve  
with cream and either nut butter or nuts

LUNCHEON

Baked beans, with sauce of olive-oil, lemon  
juice and sugar  
A cup of chocolate

DINNER

A green salad  
Smelts, or any young or tender fish  
A potato  
An onion  
Gelatin, with fruit

Vigorous exercise and deep breathing  
are very necessary both in decreasing  
weight and increasing strength. At least  
three hours daily should be spent in the  
open air, and the lungs should be filled  
to their utmost capacity.

The bowels should be kept in normal  
condition.

(See Menus for Constipation.)

SUMMER MENU

*FOR DECREASING WEIGHT AND  
INCREASING STRENGTH*

BREAKFAST

Cherries, berries, cantaloup, or melon  
A red banana, with nuts  
One or two eggs, whipped—dash of sugar;  
flavor with lemon or pineapple juice

LUNCHEON

Green beans, with onion  
Corn or a potato

DINNER

Celery or shredded cabbage, with nuts and oil  
Sweet potatoes—butter  
Corn  
Melon

A glass of water or thin cocoa may be  
taken at each of the above meals.

## FALL MENU

*FOR DECREASING WEIGHT AND  
INCREASING STRENGTH*

## BREAKFAST

- A cantaloup
- A banana, with raisins, cream, and nuts
- An egg, cooked two minutes
- A bran gem or a whole wheat cracker, or whole wheat bread

## LUNCHEON

- A pint of junket or two glasses of buttermilk

## DINNER

- A green salad, with oil and nuts
- A rare omelet, rolled in scraped corn
- A potato—sweet or white
- A cantaloup

**WINTER MENU**  
*FOR DECREASING WEIGHT AND  
INCREASING STRENGTH*

Immediately on rising devote five minutes to exercises and deep breathing.

**BREAKFAST**

Wheat bran and flaked wheat, cooked together;  
use a liberal service of cream  
A cup of cocoa

**LUNCHEON**

Spinach, with egg white  
A bran gem or a whole wheat muffin  
A vegetable or fruit salad, with oil and nuts

**DINNER**

Boiled onions, parsnips, or carrots—any two of these  
A baked potato  
A very small portion of fish or white meat of chicken  
A cup of hot water

**MENUS FOR NEURASTHENIA**

**SPRING MENU**

***NEURASTHENIA***

**BREAKFAST**

Three or four egg whites, whipped and mixed  
with a pint of rich milk

Bran meal gems

**LUNCHEON**

Onions, en casserole

A potato

**DINNER**

Peas or asparagus

A morsel of dried herring and an onion, un-  
cooked

Bran meal gems or a potato

Cheese, raisins, and nuts

**SUMMER MENU*****NEURASTHENIA*****BREAKFAST**

Cantaloup, peaches, plums, or berries—no sugar

Whole wheat, boiled

Half a cup of wheat bran, with cream

**LUNCHEON**

Spinach or turnip-tops

Onions, uncooked, and a bit of dried fish

A potato

**DINNER**

Lettuce or celery, with nuts

Fish

Vegetable soup

Squash, carrots, or onions

A potato

FALL MENU  
*NEURASTHENIA*

**BREAKFAST**

Cantaloup or peaches  
Baked bananas, with cream  
One egg, boiled two minutes  
A bran meal gem

**LUNCHEON**

Two glasses of buttermilk  
A muffin—graham or gluten

**DINNER**

Vegetable soup  
Celery or lettuce, with nuts  
Turnips, carrots, okra, cauliflower—choice  
A bran meal gem  
A sweet potato

WINTER MENU  
*NEURASTHENIA*

BREAKFAST

Prunes or a very ripe banana  
Nuts, with raisins and cream  
A sweet potato

LUNCHEON

An onion, uncooked, and a very small portion  
of dried fish  
A bran gem  
Cocoa

DINNER

Celery or slaw  
Nuts  
Cabbage, cauliflower, or Brussels sprouts  
Carrots, parsnips, or onions  
Baked beans or a potato

The person afflicted with neurasthenia should omit all beverages, except water, which should be drunk only at meals. By all means avoid overeating.

**MENUS FOR MALNUTRITION****SPRING MENU*****MALNUTRITION***

Menus for the treatment of malnutrition should be limited in quantity, and composed of the most soluble and readily digestible articles that will afford the required elements of nourishment.

**BREAKFAST**

Very ripe berries, without sugar and cream

Two or three egg whites, whipped, and mixed  
with a pint of skimmed milk

Two heaping tablespoonfuls of wheat bran,  
cooked, and served with a little cream

**LUNCHEON**

A raw Spanish onion, with a bit of dried fish

A baked potato—eat skins and all

Bran meal gems, with butter

**DINNER**

Lettuce or young onions

Peas or asparagus

Spinach or turnip-greens, with yolk of egg

A baked potato

A tablespoonful of wheat bran, cooked

## SUMMER MENU

*MALNUTRITION*

## BREAKFAST

Melon, peaches, or berries  
Two very large, ripe bananas, baked; serve  
with cream (See recipe, page 677)  
A glass of milk

## LUNCHEON

Spinach or turnip-greens, with egg yolk  
Bran meal gems or corn bread  
A bit of onion, uncooked

## DINNER

A light vegetable soup  
String beans, fresh peas, tender corn--any two  
of these  
A potato or lima beans  
Gelatin (lemon or vanilla), if something sweet  
is desired

**FALL MENU*****MALNUTRITION*****BREAKFAST**

Cantaloup or peaches

One or two bran meal gems or a corn muffin

A glass or two of rich milk

**LUNCHEON**

Celery or lettuce, with either nuts or oil

Tender corn or lima beans

A potato—sweet or white

**DINNER**

Vegetable or cream soup

Celery, with ripe olives and nuts

Carrots, and either onions or squash (These  
should be cooked in a casserole dish; see page 671)

Bran meal gems or a potato

## WINTER MENU

*MALNUTRITION*

## BREAKFAST

Strained orange juice—half water  
Whole wheat, boiled, and served with butter  
(omit cream)

## LUNCHEON

Three to four glasses of rich milk  
Two or three tablespoonfuls of wheat bran

## DINNER

Celery or vegetable salad, with nuts and oil  
Turnips, carrots, winter squash, or onions;  
preferably en casserole  
A bit of very tender fish or white meat of  
chicken  
A potato or a corn muffin

For cooking en casserole, see p. 671,  
Vol. III.

**MENUS FOR ANEMIA****SPRING MENU  
FOR A YOUTH**

***ANEMIA—MALASSIMILATION—  
UNDERWEIGHT—NO APPETITE***

The following menus should be carefully adhered to for two or three days, or until normal hunger is produced:

**BREAKFAST**

Prunes or dried peaches  
Bananas, nuts, or nut butter  
A pint of rich milk

**LUNCHEON**

A light vegetable, such as boiled onions, peas, or new potatoes  
A glass or two of milk

**DINNER**

Two eggs, coddled  
A baked white potato

SPRING MENU  
FOR A YOUTH

*ANEMIA—MALASSIMILATION—  
UNDERWEIGHT—NO APPETITE*

When good digestion and normal hunger are restored, the following menus should be given:

BREAKFAST

Farina, rice, or corn hominy, with butter and a very little sugar  
Fresh milk—one or two glasses

LUNCHEON

Baked potatoes  
Milk

DINNER

Peas or beans, creamed onions  
A potato  
Rice or corn bread  
Gelatin or boiled custard

Vigorous exercise and outdoor sport should be encouraged.

**SUMMER MENU**

**FOR A YOUTH**

***ANEMIA—MALASSIMILATION—  
UNDERWEIGHT—NO APPETITE***

**BREAKFAST**

Cantaloup, peaches, or plums  
A very rare omelet or a coddled egg  
A corn-meal gem  
Milk

**LUNCHEON**

Milk or buttermilk—buttermilk preferred  
A bran gem or a whole wheat gem

**DINNER**

One or two vegetables  
Rice or corn  
Milk  
A cantaloup

**Drink an abundance of water.  
Spend all the time possible out of doors.**

FALL MENU  
FOR A YOUTH

*ANEMIA—MALASSIMILATION—  
UNDERWEIGHT—NO APPETITE*

Choice of the following:

MENU I

MENU II

BREAKFAST

Two or three egg whites, whipped three or four minutes, into which whip a teaspoonful each of olive-oil and lemon juice, and a heaping teaspoonful of sugar. Add a cup of rich milk

One exceedingly ripe banana, eaten with nut butter, cream, and figs or dates

A glass or two of milk

LUNCHEON

Turnips, carrots, parsnips, squash—any two of these  
A bit of whole wheat bread or a baked potato  
Milk

Boiled onions  
A bit of tender fish or an egg. (The egg might be whipped as for morning)

A baked potato—sweet or white

Milk

## DINNER

Choice of one vegetable (see luncheon)	An egg, or clabbered milk, with a little sugar
One egg whipped, or a glass of milk. (Both, if the appetite will accept them)	A baked potato
A baked potato—sweet or white	One fresh vegetable

It would be preferable to make the entire meal (dinner) upon whipped eggs, if they appeal to the taste.

For "Choice of Menus," see p. 683, Vol. III.

WINTER MENU  
FOR THE YOUTH

***ANEMIA—MALASSIMILATION—  
UNDERWEIGHT—NO APPETITE***

BREAKFAST

A cup of chocolate or cocoa, or warm milk  
Steamed wheat, farina, or corn hominy

LUNCHEON

Vegetable soup  
Fish or a potato  
Milk

DINNER

One fresh vegetable  
A potato  
Chicken or fish  
Ice-cream—very little

For primary causes of Anemia, see  
Lesson I, "Chart showing different dis-  
eases caused by Superacidity," p. 9.

**MENUS FOR LOCOMOTOR ATAXIA****SPRING MENU**  
*LOCOMOTOR ATAXIA***BREAKFAST**

Three egg whites and one yolk, whipped, mixed with a pint of rich milk

Two or three tablespoonfuls of wheat bran, cooked, and served with thin cream

**LUNCHEON**

Plain wheat, boiled thoroughly, eaten with Pignolia (pine) nuts

**DINNER**

Fresh peas or baked beans

Buttermilk

Cheese, nuts, and raisins

Wheat bran

SUMMER MENU  
*LOCOMOTOR ATAXIA*

BREAKFAST

Melon or peaches—no sugar  
Three or four glasses of fresh milk  
A corn muffin  
Wheat bran

LUNCHEON

Fresh corn, peas, or beans  
Milk; two to four glasses  
Bran

DINNER

Shelled peas or beans  
A potato  
Fish, eggs, or buttermilk  
Bran

FALL MENU  
*LOCOMOTOR ATAXIA*

BREAKFAST

A pint of clabbered milk, with a sprinkle of sugar

Corn hominy or corn bread

LUNCHEON

Fish, chicken, or turkey

A potato

Cheese and nuts

DINNER

Celery with nuts

Two or three glasses of milk; buttermilk preferred

A potato

Bran

Raisins, cheese, and nuts

WINTER MENU  
*LOCOMOTOR ATAXIA*

BREAKFAST

California grapes or prunes  
Two eggs, whipped, and mixed with two or three  
glasses of milk  
Bran meal gems

LUNCHEON

Celery with nuts  
Turnips, carrots, or parsnips  
A baked potato

DINNER

Boiled plain wheat or corn bread  
Fish, chicken, or two or three glasses of milk  
(Wheat bran, if milk is taken)

## COLDS

A cold, in its last analysis, is merely a form of congestion throughout the capil-

**Cause 1** lary vessels of the body. It may have been caused by exposure—a draft of cold air blowing upon some exposed part of the body, in which case Nature closes the pores of the skin in self-defense. The poisons that are constantly being eliminated through the pores are thus prevented from escaping through these channels, and are picked up by the circulation, and carried to the lungs to be burned with oxygen. The lung capacity being too limited, or the amount of poison too great, Nature suppurates these poisons and throws them off in the form of mucus.

When a quantity of food, greater than the body can use, is taken and ingested

**Cause 2** into the circulation, the excess is carried to the lungs in the same manner as above described, and the same form of congestion and elimination takes place; therefore, colds caused by *exposure* and *overeating* are alike in every respect except their origin.

The experience of the writer has been that congestion, which we term colds, is caused much more frequently from over-eating than from exposure.

The logical remedy in either case is to limit the quantity of food to the minimum and to confine the diet, as nearly as possible, to readily soluble and readily digestible foods, such as nuts, fruit salads, and fresh watery vegetables, taking only sufficient nitrogenous and carbohydrate compounds to balance the daily bill of fare.

The following menus given for colds may be also used in cases of la grippe, influenza, etc.:

**MENUS FOR COLDS****SPRING MENU****BREAKFAST**

- A cup of hot water
- An apple, with nuts or berries, in season
- Two egg whites to one yolk, whipped or lightly poached
- Clabbered milk, with a sprinkle of grated maple-sugar
- A few raisins and nuts

**LUNCHEON**

- One tuber vegetable
- A baked potato or baked beans
- A salad (green), with nuts or cheese

**DINNER**

- Asparagus, turnips, beets, onions—any two of these
- A potato
- Whole wheat, well cooked, or a portion of wheat bran, cooked
- Nut butter or thin cream

In the late spring, such vegetables as new beets, radishes, lettuce, onions, or any green salad may be eaten at either the noon or the evening meal.

These meals may be varied by choosing fresh vegetables or fruit in season.

## SUMMER MENU

*COLDS*

## BREAKFAST

Choice of fruit—a liberal quantity  
A banana—very ripe; serve with raisins, nuts,  
and cream (If the banana is not very ripe, it  
should be baked)

## LUNCHEON

A generous green salad, with grated nuts  
Choice of one or two fresh vegetables  
A poached egg, dropped into a baked potato

## DINNER

A liberal green salad  
Smelts, broiled  
Tender corn  
One or two fresh vegetables  
A dessert of peaches, plums, berries, or any  
juicy fruit

From one to two glasses of water should  
be drunk at meals. A liberal quantity of  
fruit or berry juice should be taken be-  
tween meals.

Vegetable soup may be served at either the noon or the evening meal, using but little fats.

Acid fruits, such as oranges, grapefruit, pineapples, lemons, and strawberries should be omitted if there is a tendency toward superacidity, intestinal fermentation, or rheumatism.

## FALL MENU

*COLDS*

## BREAKFAST

Melon or choice of fruit  
Baked squash or a banana  
Flaked wheat or a bran meal gem  
A spoonful or two of nuts, with raisins

## LUNCHEON

Two shirred eggs  
An ear of tender corn  
A green salad

## DINNER

Choice of two fresh vegetables  
Choice of corn or lima beans  
Choice of a baked sweet or a white potato  
A green salad—liberal portion  
Gelatin or junket

## WINTER MENU

*COLDS*

Juice of orange or grapes just after rising.

## BREAKFAST

A cup of hot water, sassafras tea, or malted milk

Two coddled eggs, or very tender fish, broiled

A potato or a bran gem\*

## LUNCHEON

Any fresh vegetable: Cauliflower, Brussels sprouts, cabbage, turnips

Spinach or endive

Malted milk or a cup of cocoa

## DINNER

A bit of slaw or celery

Liberal portion of boiled onions

Spinach, with egg

A potato; prepared choice

\*See "Bran Meal," p. 683.

All of the menus for Colds can be taken in cases of LaGrippe and Influenza.

**NASAL CATARRH**

The following menus, in their various groups, are composed of the most easily digested foods that will give to the body all the elements of nourishment it requires, during the several seasons of the year.

The calories of energy, remedial elements and counteractive properties these menus contain, have been very carefully compiled from long experience in the treatment of catarrh. The nutritive factors they contain are proportioned or leveled so that under ordinary conditions there will be no deficiency to produce unnatural craving, and no surplus to be decomposed and converted into mucous or catarrhal discharges.

These menus contemplate a normal body, living under normal conditions. If one should be exposed to excessive cold, the carbohydrates (sugar and starches) and fats may be slightly in-

creased, and if exposed to excessive heat these articles should be limited somewhat below the amount prescribed. If one is engaged in heavy manual labor the proteid factor such as is contained in beans, eggs, fish, and cheese may be increased, and if performing no labor, these things should be reduced even below the amount prescribed.

These menus will have a tendency to establish normal digestion and assimilation of food, and normal elimination of waste. When this is accomplished, the instincts and various senses will suggest the quality and the quantity of food, the kind and amount of exercise, and all other natural laws that govern and control the physical organism.

#### WATER-DRINKING IN THE TREATMENT OF NASAL CATARRH

Sufficient water should be drunk at each of these meals to bring the moisture

up to about 66 per cent of the whole. This will require from one to three ordinary glasses, depending largely upon the amount of residual water in the foods composing the meal.

See "Uses of Water in the Body," Lesson II, Vol. I, p. 53.

See also "Water-drinking in Cases of Super acidity," Vol. II, p. 434.

Water performs another very valuable service. When one eats too many sweets, he should drink an abundance of water. This prevents stomach-acidity, and consequent fermentation and irritation of the mucous lining of the stomach. It also prevents torpidity of the liver, which usually follows the excessive use of sweets.

Two or three glasses of water taken at an ordinary meal will all be retained and used by the body, while the same quantity of water taken from two to three hours after a meal, will nearly all pass off in the form of urine.

**MENUS FOR NASAL CATARRH****LATE SPRING AND EARLY SUMMER***NASAL CATARRH*

Sweet orange, cherries, or very ripe grapefruit just after rising.

**BREAKFAST**

Three or four egg whites, whipped five minutes, to which add two teaspoonfuls each of lemon juice and sugar, while whipping

One very ripe banana, or plain boiled wheat, with nuts

**LUNCHEON**

A green salad, with tomatoes and oil

One fresh vegetable—peas or beans

Corn bread—butter

Buttermilk

**DINNER**

Spinach, kale, young cabbage, or turnip-tops, cooked

One fresh vegetable, in season

A baked sweet potato

Choice tender fish, chicken, or three egg whites and one yolk, whipped, with spoonful each of sugar and of lemon juice

These menus are composed largely of proteids in their most soluble and digestible forms—a most important factor in remedial feeding, especially in cases of either stomach or nasal catarrh.

One or two glasses of water should be drunk at each of these meals. Mastication should be perfect before any water is taken into the mouth.

The bowels should be kept normal by the use of wheat bran.

## LATE SUMMER AND EARLY FALL

*NASAL CATARRH*

For many patients suffering with nasal catarrh, the following combinations have been prescribed by the author with much success.

Choice of the following:

## MENU I

Peaches or pears  
A baked sweet potato  
Half a glass of milk  
A baked banana

## MENU II

## BREAKFAST

A cantaloup or grapes  
One or two eggs, lightly  
cooked  
A whole wheat gem or a  
baked white potato  
A cup of cocoa

## LUNCHEON

A lettuce salad  
One fresh vegetable, in sea-  
son  
A baked potato or a very  
little whole wheat bread;  
potato preferred  
A banana with cream cheese  
and dates

Peas, beans, or carrots  
A sweet or a white potato  
Buttermilk, with two egg  
whites, whipped

## DINNER

A lettuce and tomato salad	Young onions, radishes, or celery
Choice of two fresh vegetables	Beets, carrots, corn, parsnips, Spanish onion, or string beans—any two of these
Tender fish	Choice—fish, chicken, or eggs
A baked potato	A baked potato
Plain ice-cream, provided salad is omitted	A cantaloup

## LATE FALL AND EARLY WINTER

*NASAL CATARRH*

## MENU I

## MENU II

## BREAKFAST

Grapes	One very ripe banana with thin cream and nut butter
Bran gems	A pint of clabbered milk
One egg whipped with sugar and lemon juice	A small portion of coarse cereal—plain wheat boiled
A baked sweet potato	

## LUNCHEON

A salad, or celery, with either nuts or oil	Onions cooked in a casserole dish
Baked beans	A potato; prepared choice
Boiled onions or carrots	

## DINNER

Carrots, onions, parsnips, squash, turnips—any two of these	One fresh vegetable
	A baked sweet or a white potato
Choice of one of the follow- ing proteid foods:	A very ripe banana, with either nuts and raisins or figs and cream
Eggs Chicken (white meat)	
Fish Turkey (white meat)	
A baked potato	

NOTE: If the weather is very cold a dessert-spoonful or more of olive-oil should be taken just before each of these meals, and a cup of hot water at the close.

## LATE WINTER AND EARLY SPRING

*NASAL CATARRH*

## MENU I

A sweet orange  
 A rare omelet rolled in  
     grated nuts and cream  
 Whole wheat bread or corn  
     muffins  
 A cup of chocolate

## MENU II

## BREAKFAST

Whole wheat or corn—  
     boiled soft or simmered  
     over night; serve with  
     butter or cream  
 A cup of chocolate

## LUNCHEON

Baked sweet potatoes with butter	A boiled Spanish onion
A cup of chocolate	A white potato, baked
	Two eggs, either whipped or coddled

## DINNER

Cream of tomato soup	(Christmas or New Year's dinner)
Celery or slaw	
Nuts	
Carrots, parsnips, or tur- nips	Cream of celery soup
A baked potato	A vegetable salad
Cocoa or hot water	Baked or creamed potatoes
	Turkey or chicken—white meat—very little
	Baked chestnuts
	Cranberry sauce
	Ice-cream
	Hot chocolate

**MENUS FOR HAY FEVER**  
**SPRING MENU**

**HAY FEVER**

**BREAKFAST**

Bananas, baked  
Whole wheat or rye, boiled five or six hours  
Thin cream

**LUNCHEON**

Any fresh vegetable—cabbage, onions, carrots  
Whole wheat bread  
Thin cocoa

**DINNER**

One egg, coddled  
Rice or a potato  
Boiled onions or squash  
Spinach or lettuce, with nuts

For recipe for baked bananas and coddled eggs, see p. 677, Vol. III.  
See "Bran Meal," p. 683, Vol. III.

## SUMMER MENU

*HAY FEVER*

## BREAKFAST

Cantaloup or peaches—no sugar  
A potato—sweet or white  
Clabbered milk

## LUNCHEON

Corn or peas  
Lima beans  
A potato  
A melon

## DINNER

Lettuce and tomato salad, with nut-butter  
sauce.  
Peas, beans, carrots, squash, or onions  
A potato—sweet or white  
An egg or a very small portion of fish

**FALL MENU*****HAY FEVER*****BREAKFAST**

Persimmons or grapes  
Bran meal gems or corn bread  
A glass of milk

**LUNCHEON**

Winter squash or a sweet potato  
Baked beans or a white potato

**DINNER**

Lettuce or celery, with nuts  
Carrots or string beans  
A raw onion  
A baked potato or corn bread  
A spoonful or two of bran, cooked

**WINTER MENU**

**HAY FEVER**

**BREAKFAST**

The juice of a sweet orange  
Three baked bananas or two very ripe bananas,  
with cream, raisins, and nuts

**LUNCHEON**

Eggplant and a boiled onion  
A bran meal gem or a corn muffin  
Nuts, with raisins

**DINNER**

A light vegetable soup  
Turnips or cabbage, en casserole  
A baked potato or bran meal gems  
One or two figs, with cheese and nuts

The bowels should be kept in normal condition by the liberal use of wheat bran at each meal. The free action of the bowels is very important in all such disorders as hay fever, influenza, and colds.

**MENUS FOR ASTHMA**

**SPRING MENU**

**ASTHMA**

**BREAKFAST**

Grapefruit or an orange—very ripe  
Baked bananas—must be very ripe  
A glass of milk

**LUNCHEON**

Peas or asparagus  
Bran meal gems  
A glass of milk

**DINNER**

Spinach or turnip-tops  
Corn bread or bran meal gems  
Peas or asparagus  
A potato

## SUMMER MENU

*ASTHMA*

## BREAKFAST

Peaches, plums, or berries, without cream  
One egg, either lightly poached or boiled two minutes  
A small baked potato

## LUNCHEON

An ear of tender corn  
A Spanish onion, uncooked, with a morsel of dried fish

## DINNER

Fresh peas, beans, or carrots  
Tender corn or a baked potato  
Lettuce, romaine, or watercress, with nuts

**FALL MENU****ASTHMA****BREAKFAST**

Grapes or a melon  
Two egg whites, whipped, and mixed with a  
pint of milk  
Baked chestnuts, with cream

**LUNCHEON**

Okra or a boiled onion  
A baked potato  
Half a glass of milk

**DINNER**

Celery, with nuts  
Cauliflower, squash, or a stewed pumpkin  
A potato or lentils  
A cup of cocoa or a glass of milk

WINTER MENU

*ASTHMA*

BREAKFAST

Pineapple—eliminate the pulp  
Plain boiled wheat; serve with fresh butter

LUNCHEON

A pint of clabbered milk, with a sprinkle of sugar  
Two tablespoonfuls of wheat bran

DINNER

Vegetable soup  
Celery, with nuts and ripe olives  
Carrots or baked squash  
A potato—sweet or white

The juice of a sweet orange an hour after eating.

Where milk is not prescribed in the above menus, from one to two glasses of water should be drunk.

The bowels should be kept in normal condition by the use of wheat bran.

**INFLUENZA**

In treating influenza heavy starchy foods such as white flour products should be omitted, and the diet confined largely to fresh vegetables and the more soluble proteids, such as egg whites and buttermilk, with now and then a limited quantity of fish or fowl for a change.

Fats and sugars should be limited very materially and a liberal quantity of coarse articles such as wheat bran, celery, grapes, and green salads eaten when in season.

The patient should exercise great care in regard to quantity, endeavoring always to limit the quantity of food somewhat below the demands of normal hunger.

The menus for colds, catarrh, hay fever, and asthma may be used for influenza. See pp. 917 to 938, inclusive.

**MENUS FOR INSOMNIA****SPRING MENU**

*INSOMNIA—NERVOUSNESS  
LOW VITALITY*

Both insomnia and nervousness are symptoms of the same conditions. The following menus, therefore, are for the purpose of removing primary causes, which are usually either stomach or intestinal fermentation.

The logical remedy for fermentation is to limit the diet to the fewest number of articles that will give to the body the necessary elements of nutrition.

**BREAKFAST**

A cup of hot water  
Corn hominy or boiled wheat  
A banana, baked, or sliced and broiled in butter  
A cup of cool water

**LUNCHEON**

A liberal portion of peas in the pod  
A baked potato

DINNER

Light vegetable soup  
Peas or asparagus  
Baked potatoes  
A cup of hot water  
Half-cup of wheat bran, cooked

NOTE: New peas should be cooked in the pod, as the shell contains better nutrition than the pea. For recipe, see p. 679.

SUMMER MENU

*INSOMNIA—NERVOUSNESS  
LOW VITALITY*

BREAKFAST

Cantaloup or very ripe pear, with cream  
A baked sweet potato, with butter  
A pint of rich milk  
Wheat bran

LUNCHEON

An ear or two of tender corn  
A green salad  
One egg, whipped

DINNEER

Lettuce and tomato salad, with grated nuts  
String beans, with raw onion  
Tender corn, scraped from the cob, cooked with  
very little rich milk and the white of an egg  
Cantaloup

The quantity of food prescribed is sufficient for one performing very light labor. If the duties should be strenuous, the quantity may be slightly increased, but the proportions and the combinations should be observed.

## FALL MENU

*INSOMNIA—NERVOUSNESS  
LOW VITALITY*

Vigorous exercise, deep breathing, and a glass or two of water should be taken on rising.

## BREAKFAST

(Half hour later)

Cantaloup, pears, or persimmons  
Baked bananas, served with cream  
Steamed figs, with thin cream  
A spoonful of nuts

## LUNCHEON

Corn on the cob or boiled wheat  
String beans  
Spinach

## DINNER

Romaine and tomato salad  
A liberal portion of baked white potato or tender corn  
Carrots or parsnips  
Cheese with hard cracker  
A cup of thin cocoa

If there should be congestion of the bowels, a liberal service of Concord or blue grapes should be eaten the first thing after rising, and the last thing before retiring. The pulp and seeds should be swallowed, and the skins well masticated.

WINTER MENU  
*INSOMNIA—NERVOUSNESS  
LOW VITALITY*

A cup or two of hot water, deep breathing, and vigorous exercise immediately after rising.

BREAKFAST

Half a pound of Tokay or Malaga grapes, masticating and swallowing both skins and seeds

Two fresh eggs, whipped very thoroughly, slightly sweetened with honey or maple-sugar, and flavored with fruit-juice. Add half a glass of milk to each egg and drink slowly

LUNCHEON

A small portion of wheat bran, cooked

A pint and a half of junket, taken slowly

One bran meal gem

DINNER

Carrots or winter squash

A small portion of tender fish or a whipped egg

A baked potato

A cup of cool water

To increase vital energy depends not so much upon the quantity as upon the amount of food ingested or assimilated. These menus are rather light for one of low vitality, but they are made to meet the requirements of one suffering from nervousness and insomnia. If, however, these conditions do not prevail, the quantity may be increased, but the combinations should be carefully observed.

**MENUS FOR RHEUMATISM AND GOUT**

**SPRING MENU**

**RHEUMATISM—GOUT—LUMBAGO  
SCIATICA, ARTHRITIS**

**BREAKFAST**

Choice of the following:

- a Two or three bananas, baked; serve with cream or butter
- b A baked sweet potato

Half a dozen steamed figs, with cream

**LUNCHEON**

Asparagus or peas

A small portion of new potatoes—preferably baked

**DINNER**

Potato, steamed wheat, or bran gems

A glass of milk; buttermilk preferred

One fresh vegetable, such as carrots, turnips, parsnips, or onions

Nuts or cream cheese

A generous quantity of pure water should be drunk immediately on rising,

and from one to two glasses at each of these meals.

Mastication should be very thorough. At least two hours' vigorous exercise or useful labor should be performed each day, in the open air.

Omit all acids, such as grapefruit, oranges, pineapples, lemons, and rhubarb; also eggs and all flesh foods.

If the bowels are constipated, take a tablespoonful of wheat bran in half a glass of hot water immediately on rising, and half a cup of bran, cooked, at each meal; also, two or three tablespoonfuls in hot water just before retiring. Continue this until the bowels become normal, then reduce the quantity according to the severity of the case.

## SUMMER MENU

*RHEUMATISM—GOUT—LUMBAGO  
SCIATICA, ARTHRITIS*

## BREAKFAST

Melon or peaches—very ripe  
Two or three large, very ripe bananas, peeled,  
and baked ten minutes; serve with cream or  
fresh butter  
A bran meal gem

## LUNCHEON

A very small portion of green salad  
An ear or two of tender corn  
A pint of buttermilk

## DINNER

A small portion of green salad  
Peas, beans, corn, or any fresh vegetable  
A very small portion of fish (Buttermilk or junc-  
ket may be taken instead of fish, if preferred)  
A baked potato  
Melon or cantaloup

From two to three glasses of water  
should be drunk at each of these meals.

If the bowels are constipated, observe the instructions given for the Spring Menu.

Exercise, in all rheumatic conditions, is very important, and while the temperature of the summer weather aids in eliminating poisons from the body, vigorous exercise should be taken in order to give Nature all the help possible.

Rheumatism is merely a form of congestion throughout the capillary vessels of the body. The cure, therefore, is first to remove the causes by taking into the body only such foods as it will use, and use completely; secondly, to aid Nature in casting out all poisons, thereby establishing perfect elimination.

## FALL MENU

*RHEUMATISM—GOUT—LUMBAGO  
SCIATICA, ARTHRITIS*

## BREAKFAST

Melons or persimmons  
Whole wheat gems or bran gems  
An exceedingly ripe banana, with cream, nuts,  
and raisins

## LUNCHEON

Green corn or fresh string beans  
Either a baked potato or a very little whole  
wheat bread  
Two or three tablespoonfuls of olive-oil, with  
lettuce

## DINNER

Vegetable soup or cream soup  
Corn, lima beans, turnips, carrots, parsnips,  
squash, onions—any two of these  
A baked potato

Half a pound of grapes may be eaten  
an hour after either meal, or just before  
retiring.

Two glasses of water should be drunk  
at each of these meals.

For general instructions, see Spring  
Menu.

**WINTER MENU**

***RHEUMATISM—GOUT—LUMBAGO  
SCIATICA, ARTHRITIS***

**FIRST DAY:** On rising, drink two glasses of water. Devote as much time as possible to vigorous exercises and deep breathing.

**BREAKFAST**

Corn muffins or bran meal gems, with cream or fresh butter  
A cup of cocoa—half milk

**LUNCHEON**

A large portion of boiled onions  
A baked white potato  
Raisins, with nuts and cream cheese

**DINNER**

A fresh vegetable soup  
Squash, pumpkin, cabbage, Brussels sprouts, cauliflower, eggplant—any two of these  
A very small portion of white meat of chicken  
Salted nuts with steamed figs

Just before retiring drink a glass of water, and exercise as already suggested.

**SECOND DAY:** Very much the same as the first, slightly increasing the quantity of food, if the amount prescribed does not seem sufficient to satisfy normal hunger. Take great care, however, not to overeat.

**THIRD DAY:****BREAKFAST**

Bran gems, or a baked potato, with butter  
Two glasses of milk

**LUNCHEON**

A liberal portion of baked sweet potatoes, with butter  
A cup of hot water, into which put a little sugar and cream  
Figs, cream, and nuts

**DINNER**

A salad of lettuce, celery, or endive, with nuts  
One fresh vegetable  
A bit of chicken or turkey—white meat; or shell-fish, such as lobster or crab, may be eaten  
A baked potato

**NOTE:** The meats are given only in case there is a craving for something salty.

Exercise and water-drinking just before retiring.

**FOURTH DAY:** Same as the third, varying the meals by changing vegetables according to hunger.

**FIFTH DAY:** Same as the first, repeating these menus for a period of from fifteen to twenty days, making such variations in the vegetables as normal hunger requires.

#### SPRING MENU

*ANEMIA—SLUGGISH LIVER  
RHEUMATIC TENDENCY*

Drink two glasses of water just after rising, to which add a spoonful or two of lemon juice.

Devote as much time as possible (from three to five minutes) to vigorous exercises, as shown in Vol. V, pp. 1343 to 1346. Hold the breath while executing three or four movements. In this way the lung capacity can be much increased.

Choice of the following:

## MENU I

## MENU II

## BREAKFAST

A cup of hot water	Grapes or orange juice
Half a cup of wheat bran, cooked	Whole wheat, boiled; serve with thin cream
An egg white, poached	Wheat bran
A banana, baked	

## LUNCHEON

Spinach	One glass of water
A potato or steamed wheat	Boiled onions
	A baked white potato

## DINNER

A salad of lettuce and to- matoes, with oil	A green salad
Choice of peas, beans, or asparagus	Carrots, spinach, or onions —any two of these
A small, baked white potato	A baked sweet or a white potato
One egg or a very small por- tion of tender fish	Baked beans or rye bread
One glass of water	One glass of water
	Apple tapioca or gelatin

The bowels should be kept in normal condition by the use of clean, coarse wheat bran.

## SUMMER MENU

*ANEMIA—SLUGGISH LIVER  
RHEUMATIC TENDENCY*

**FIRST DAY:** On rising, take two sweet, ripe plums, and a glass of water. Devote from one to three minutes to exercises Nos. 3 and 5 (see Vol. V, pp. 1344 and 1345), and practise deep breathing, filling the lungs to their utmost capacity every third or fourth movement. Also take a short, brisk walk in the open air.

## BREAKFAST

(An hour later)

Four or five extremely ripe peaches, with just a sprinkle of sugar—no cream

Two or three egg whites and one yolk, whipped with a teaspoonful of sugar

One extremely ripe banana (black spotted), with nuts

## LUNCHEON

Two medium ears of tender green corn, thoroughly masticated; serve with either a very little nut butter or fresh dairy butter

## DINNER

Cream of pea soup; crisp cracker—very little  
A lettuce and tomato salad, or cooked spinach  
An ear or two of tender green corn, or lima  
beans (cooked)  
A grilled sweet potato

Water should be taken as follows:  
Half a glass at the beginning, a glass during the progress of the meal, and half a glass at the close.

Just before retiring, eat half a pound of very ripe grapes, swallowing skins, seeds and pulps, or take four or five extremely ripe Japanese plums, if they are not sweet and well ripened; grapes are preferred.

Devote about three minutes to exercises Nos. 3 and 5, together with deep breathing.

**SECOND DAY:** Same as the first, very slightly increasing the quantity of food if there is the least symptom of weakness.

Every morning, immediately on rising, eat two or three peaches or plums, and drink a glass of water.

**THIRD DAY:****BREAKFAST**

Cantaloup

A cup of cocoa or chocolate

Choice of:

a Two extremely ripe bananas, baked;  
serve with thin cream (bananas must  
be black spotted)

b A baked potato

Two egg whites, whipped with a sprinkle of  
sugar and a little lemon juice and cream

**LUNCHEON**

Tender corn

String beans or squash

Spinach or a green salad

A cantaloup or two exceedingly ripe peaches,  
with a little sugar—no cream

**DINNER**

A small portion of fish or white meat of chicken,  
provided there is a craving for this kind of food;  
if not, confine to

Tender corn (One whole poached egg, eaten  
with the corn)

One boiled onion or cooked spinach

Two glasses of water

This entire meal should be masticated very thoroughly. This is one method of preventing supersecretion of acid, premature fermentation and the consequent accumulation of gas.

**FOURTH DAY:** The same as the third, with the exception of the evening meal, which should consist of—

A baked sweet potato—butter  
Carrots or string beans, or Spanish onion

**FIFTH DAY:** The same as the first.

**SIXTH DAY:** The same as the second, repeating the diet as given for a week or ten days.

After the fourth day these meals may be slightly varied by choosing from the following, where vegetables are prescribed:

Beans	Parsnips
Beets	Peas
Carrots	Squash
Corn	Turnips

The patient should retire at a reasonable hour, say 10 o'clock, and rise about

6 or 6.30; have breakfast between 7.30 and 8; luncheon between 12 and 1, and dinner not later than 6.30 or 7.

Masticate well every mouthful of food, whether it seems to need it or not. Even bananas need much mastication, not for the purpose of reduction, but for the purpose of insalivation. The same rule should apply to all cooked vegetables and soft foods.

## FALL MENU

*ANEMIA—SLUGGISH LIVER  
RHEUMATIC TENDENCY*

Choice of the following:

## MENU I

## MENU II

## BREAKFAST

Cantaloup, melon, or pears	Farina, rice, or boiled wheat
Steamed whole wheat or rice—sugar and cream	One tablespoonful of nuts (choice)
A tablespoonful of nuts (choice)	Cream and figs
Half a glass of sour milk	A liberal portion of wheat bran

## LUNCHEON

Spinach or boiled onion	One vegetable—corn, car-
Corn bread with sweet butter	rots, squash, or lima beans
Two tablespoonfuls of nuts (choice)	Two spoonfuls of nuts
One glass of sour milk	A potato

## DINNER

Choice of lima beans or corn	Corn, spinach, or a lettuce salad
Corn bread and sweet but- ter	Rye bread or a potato
Lettuce and fresh tomato, with dressing	Whites of two eggs, whipped or poached

Plain ice-cream, gelatin, or junket may be eaten with either of the dinner menus.

Omit all laxative medicines. Use coarse clean wheat bran liberally, especially with the morning and the evening meal.

**WINTER MENU**

*ANEMIA—SLUGGISH LIVER  
RHEUMATIC TENDENCY*

**FIRST DAY:** Immediately on rising, drink two glasses of water, and eat a small bunch of grapes, or two or three soaked prunes. Devote two or three minutes to exercises Nos. 3 and 5 (see Vol. V, pp. 1344 and 1345). The exercises should be taken before an open window, or in a well-ventilated room.

**BREAKFAST**

A cup of hot water

Three or four egg whites and two yolks, whipped rapidly four or five minutes with a rotary egg beater. Whip into this a heaping teaspoonful of sugar and a teaspoonful of olive-oil, and whip again for two or three minutes

Flaked wheat, eaten with thin cream—small portion

A cup of hot water

Wheat bran

**LUNCHEON**

Carrots or parsnips

Baked potatoes, with butter

A boiled onion

## DINNER

Cream of tomato soup  
Fish—small portions  
Carrots, onions, parsnips, squash, turnips—one or two of these  
Potatoes, prepared choice  
One exceedingly ripe banana, eaten with thin cream and raisins

Just before retiring take two tablespoonfuls of wheat bran, and devote four or five minutes to the above-named exercises.

**SECOND DAY:** The same as the first.

**THIRD DAY:** The same as the second, slightly varying the meals according to choice of vegetables, adhering closely, however, to the number of eggs prescribed. If olive-oil is not pleasant to the taste, it may be omitted, and a larger quantity of butter taken with the potatoes. It would be well to take a tablespoonful of olive-oil just before eating, followed by half a cup of hot water, especially if the weather is cold.

**FOURTH DAY:****BREAKFAST**

Whole wheat, thoroughly steamed or boiled;  
serve with butter

A cup of hot water

**LUNCHEON**

Vegetable soup  
Corn bread—butter  
Cocoa

**DINNER**

One fresh vegetable—carrots, parsnips, turnips,  
etc.

A bit of fish  
A baked potato  
A small portion of plain ice-cream, if something  
sweet is desired

**FIFTH DAY:** The same as the fourth.

**SIXTH DAY:** The same as the first, and  
so on for a period of fifteen to twenty days.

## SPRING MENU

*STIFFNESS AND PAIN IN JOINTS  
STOMACH TROUBLE—CONSTIPATION—  
INTESTINAL GAS—IRREGULAR HEART  
ACTION*

Immediately on rising, drink two cups of hot water.

## BREAKFAST

A cup of wheat bran, cooked ten minutes; serve with butter, cream, and a very little salt

A cup of hot water

One or two exceedingly ripe bananas, baked, eaten with thin cream

Two egg whites, very lightly poached

A baked potato or bran meal gems

A glass of water

## LUNCHEON

A cup of junket or fresh buttermilk

A small, new potato, baked; serve with butter

A glass of water

## DINNER

Choice of two of the following vegetables:

Asparagus                              Green peas

Beans                                    Spinach

Baked new potatoes

A very small portion of either fish or chicken

A small cup of wheat bran, prepared as for breakfast

A glass of water

**SUMMER MENU**

*STIFFNESS AND PAIN IN JOINTS  
 STOMACH TROUBLE—CONSTIPATION—  
 INTESTINAL GAS—IRREGULAR HEART  
 ACTION*

**Choice of the following Menus:**

**MENU I****MENU II****BREAKFAST**

Melon	Choice of peaches, plums, or melon
One very ripe banana, baked	Rice or oatmeal
One or two spoonfuls of steamed whole wheat	Two very ripe bananas, baked; serve with cream
Two glasses of water	Half a cup of bran

**LUNCHEON**

Choice of lima beans or baked potato	Green corn Rich milk
One glass of milk—clab- bered or buttermilk	
A glass of water	

## DINNER

Lima beans or corn	Two vegetables—choice
A fruit salad (made of sweet fruit), with whipped cream	Sweet butter with either corn bread or green corn
One glass of milk	
Two or three egg whites	
One or two tablespoonfuls of nuts—choice	
Cantaloup or melon	

All sweets may be omitted if they do not appeal to the taste. However, if something sweet is desired, make either the luncheon or the dinner of vegetables and home-made ice-cream, omitting all other articles.

## EMERGENCY MEAL

(To be taken in lieu of luncheon or dinner, if languid or stupid)

Two ears of tender corn
Two glasses of milk
One whipped egg
A small portion of ice-cream
Wheat bran

**FALL MENU**

*STIFFNESS AND PAIN IN JOINTS  
STOMACH TROUBLE—CONSTIPATION—  
INTESTINAL GAS—IRREGULAR HEART  
ACTION*

**FIRST DAY:** On rising, drink a cup or two of hot water, and eat a half pound of grapes, the Concord or blue grapes preferred, swallowing seeds and pulp whole, masticating and swallowing the skins. Devote as much time as possible (from three to five minutes) to deep breathing exercises before an open window, or in a thoroughly ventilated room.

**BREAKFAST**

(Half an hour later)

Half a cup of coarse wheat bran, served as an ordinary cereal

A bowl of clabbered milk, with a sprinkle of maple-sugar

Bran meal gems

## LUNCHEON

A glass of cool water  
Baked potatoes or corn  
One fresh vegetable, such as carrots, parsnips, turnips, beets, boiled onions, or squash  
Half a cup of hot water

## DINNER

One or two fresh vegetables (See list suggested for luncheon)  
Choice of green salad, cooked spinach, or celery  
A baked white potato—eat skins and all  
One egg white, or a very small portion of either fish or white meat of cyicken; egg preferred

From one to two glasses of water should be drunk at each of these meals—half a glass of cool water at the beginning of the meal, and a cup of hot water at the close, would be sufficient; drink enough, however, to make the total moisture about 66 per cent of the whole.

A tablespoonful of wheat bran should also be taken at each of the above meals, either with a little water at the close of the meal, or cooked and served as a cereal at the beginning of the meal.

A spoonful or two should be taken just after rising, and just before retiring, until the bowels act normally, when the quantity may be regulated to meet the severity of the condition.

**SECOND DAY:** Same as the first.

**THIRD DAY:** Same as the second, slightly increasing the food if demanded by normal hunger, or decreasing it if there is a sense of fullness after meals. It is always well to cease eating before hunger is thoroughly satisfied. When the body is kept slightly hungry, it assimilates all the food eaten, and insures natural digestion and elimination of waste.

**FOURTH DAY:****BREAKFAST**

One or two exceedingly ripe bananas, with cream and nut butter, and either raisins or soaked prunes

A glass of milk

One egg white

Boiled wheat, with thin cream and either nuts or nut butter

**LUNCHEON**

A sweet potato, with butter

Corn, fresh

A glass of milk

**DINNER**

Spinach, with egg white

A very small portion of fish or white meat of chicken

A baked sweet or a white potato

A tablespoonful of olive-oil may be taken at the beginning of each of these meals, and a cup of hot water at the close.

If the bowels have not become normal, continue taking the wheat bran and

grapes according to directions for the first day.

Observe the general rules of exercise and water-drinking just after rising and just before retiring.

**FIFTH DAY:** Same as the fourth.

**SIXTH DAY:** Same as the first, repeating the diet herein given, day by day, for two or three weeks.

**WINTER MENU**

*STIFFNESS AND PAIN IN JOINTS  
STOMACH TROUBLE—CONSTIPATION—  
INTESTINAL GAS—IRREGULAR HEART  
ACTION*

**FIRST DAY:** On rising, drink a glass or two of pure water. Take a short, brisk walk in the open air.

**BREAKFAST**

A cup of hot water  
One tablespoonful of olive-oil or nut oil  
Two exceedingly ripe bananas (must be black spotted), eaten with thin cream and nut butter (A few dates, if something sweet is desired)  
Two or three tablespoonfuls of wheat bran, cooked  
A potato—eat skins and all

**LUNCHEON**

Baked potatoes, with butter. Eat skins and all  
(Make entire meal upon this)

**DINNER**

Stewed pumpkin or winter squash  
Corn bread  
Choice of beans or a baked potato  
Wheat bran, cooked  
A glass of milk

Just before retiring, take a brisk walk for five minutes and practise deep breathing. Eat five or six soaked prunes.

**SECOND DAY:** Same as the first, slightly increasing or decreasing the quantity of food to meet the demands of normal hunger.

**THIRD DAY:****BREAKFAST**

Prunes or dried peaches, stewed—no sugar  
One egg, whipped very fine  
Coarse cereal or wheat bran

**LUNCHEON**

Liberal portion of baked sweet or white potatoes

**DINNER**

Choice of two of the following vegetables:

Beans	Onions
Beets	Pumpkin
Carrots	Squash
Corn	Turnips

A potato, prepared choice

**FOURTH DAY:** Same as the third, increasing or decreasing the quantity of food according to hunger.

**FIFTH DAY:** Same as the first, repeating these menus for twelve or fifteen days.

While the yolks of eggs are conducive to rheumatic tendencies, only that portion, however, that is not naturally appropriated by the body affect these conditions. In other words, it is the excess that is harmful.

MENUS FOR BRIGHT'S DIS-EASE

SPRING MENU

*BRIGHT'S DIS-EASE*

BREAKFAST

Clabbered milk or two or three egg whites  
Baked bananas

LUNCHEON

A Spanish onion, en casserole  
Turnips or fresh peas in the pod  
Two egg whites

DINNER

An onion, uncooked—small portion  
Corn bread and a very small portion of dried  
fish  
Peas, asparagus, or turnips  
A potato

**SUMMER MENU***BRIGHT'S DIS-EASE***BREAKFAST**

A melon or peaches, omitting cream  
Two glasses of fresh milk  
Bran meal gems

**LUNCHEON**

Peas or beans  
Young onions  
A small piece of corn bread  
A glass of buttermilk

**DINNER**

Lettuce, with nuts  
Corn or string beans  
New potatoes or lima beans  
Two egg whites, coddled, or cottage cheese

FALL MENU

*BRIGHT'S DIS-EASE*

On rising Concord (blue) grapes.

BREAKFAST

An omelet of two whites and one yolk, rolled in  
cream and grated nuts; cook lightly  
Corn-meal muffins

LUNCHEON

A sweet potato, with fresh butter

DINNER

A light vegetable soup  
Celery or tender slaw  
Carrots, parsnips, or turnips  
A potato or fresh corn

## WINTER MENU

*BRIGHT'S DIS-EASE*

## BREAKFAST

A pint of clabbered milk—lukewarm  
Whole wheat, boiled  
Two tablespoonfuls of bran

## LUNCHEON

A pint and a half of fresh milk  
Corn bread—not sweetened

## DINNER

Slaw, with nuts  
Carrots, cauliflower, or winter squash  
A potato or bran meal gems

**MENUS FOR DIABETES****SPRING MENU*****DIABETES***

The diabetic patient should observe the usual rules for vigorous exercise and deep breathing, and for copious water-drinking just after rising and just before retiring.

The diet should consist as nearly as possible of foods in their natural condition, such as extremely ripe fresh fruits and fresh vegetables, and of the proteid group such as eggs, milk, cheese, gelatin, legumes, and now and then a limited quantity of fish.

**BREAKFAST**

Cherries, berries, or a baked apple, without sugar

Two or three extremely ripe bananas, with thin cream

A spoonful or two of nuts, or nut butter

A glass of milk; clabbered milk preferred

LUNCHEON

A small portion of plain wheat, or oat groats (grains), boiled until well done

One fresh vegetable—preferably onions, carrots, or peas

DINNER

A liberal green salad, with nuts and oil

One or two fresh vegetables, such as peas, asparagus, or okra

An egg or a bit of fish

A baked potato

Gelatin or junket

The bowels should be kept in normal condition at all times, either by vigorous exercising or by the liberal use of wheat bran.

Avoid extreme acids, sweets, white bread, and heavy starches found in cereal products.

## SUMMER MENU

*DIABETES*

A glass of water and one or two very ripe peaches just after rising and just before retiring. Devote thirty minutes, if possible, to deep breathing and vigorous exercise.

## BREAKFAST

Melon, peaches, or any sweet fresh fruit  
Two eggs, whipped very thoroughly, or two glasses of clabbered milk  
Corn or a whole wheat muffin

## LUNCHEON

Cauliflower, cabbage, or okra  
Tender corn or string beans  
Fish, chicken, egg, or clabbered milk  
A baked potato

The fish, the chicken and the milk should be taken in limited quantities; vegetables should predominate.

Mastication should be very thorough, and a glass or two of water should be drunk at each meal.

**DINNER**

**Vegetable soup  
Salad, with nuts or oil  
Corn or lima beans  
A potato—sweet or white**

## FALL MENU

*DIABETES*

A glass or two of water and a bit of fruit just after rising, followed by vigorous exercises and deep breathing.

## BREAKFAST

Peaches, plums, or persimmons

Eggs, boiled two minutes

A bit of corn bread, bran meal gems, or a baked potato

A cup of milk or chocolate

## LUNCHEON

Two or three glasses of buttermilk

A whole wheat gem or a muffin, with nuts

## DINNER

Two fresh vegetables, such as beans, beets, Brussels sprouts, cauliflower, okra, eggplant, or lima beans

Sliced tomatoes

A bit of green salad

Nuts and cream

Half a cup of wheat bran

## WINTER MENU

*DIABETES*

## BREAKFAST

A cup of hot water  
Wheat bran, cooked  
Two eggs, whipped  
Nuts and cream  
Half a glass of cool milk

## LUNCHEON

A cup of hot water  
A baked potato  
A large creamed onion  
A cup of chocolate

## DINNER

Onions, beans, carrots, or parsnips—any two of these  
One or two eggs, whipped  
A portion of wheat bran, cooked, or the whole wheat might be boiled until the grains burst open, and served with butter and cream. This is the best form in which cereal can be taken

**MENUS FOR CONSUMPTION*****WEAK LUNGS—CONSUMPTION***

For many centuries consumption, or the various forms of tuberculosis have preyed upon the human race, yet science has so far failed to give us one reliable artificial remedy. We must perforce turn to Nature, the only remedy now known being oxygen or common air.

The consumptive or tubercular patient should provide some way to live out-of-doors, day and night, winter and summer, unless the weather is extremely cold.

The next important factor in treating this dis-ease is food.

The diet should consist of the richest and the most readily digestible foods, in the following groups, given in the order of their importance:

CARBO-				
PROTEIDS	HYDRATES	FATS	FRUIT-SUGARS	
Eggs	Honey	Nuts	Figs	Oranges
Milk	Maple-sugar	Olive-	Raisins	Pears
Legumes	Whole wheat	oil	Grapes	Plums
	Rice	Cream	Persimmons	Peaches
	Potatoes	Butter	Bananas	Apples
	Corn			

**FRESH VEGETABLES**

Asparagus	Beets
Peas	Carrots
Beans	Parsnips
Green corn	Squash
Tomatoes	Celery
Turnips	
Cabbage	

**GREEN SALADS**

Lettuce
Romaine
Parsley
Watercress

The patient should drink an abundance of water, take vigorous exercise and deep breathing, and eat liberally of grapes before breakfast, when they are in season.

The following menus are merely suggestive. They may be changed, selecting the articles mentioned in the foregoing tables, when available during the several seasons of the year:

**GENERAL MENUS FOR WEAK LUNGS—  
CONSUMPTION****FIRST DAY:****BREAKFAST**

A glass of clabbered milk, with a sprinkle of sugar

Two eggs whipped very thoroughly (See recipe, p. 678)

If constipated, take half a cup of coarse wheat bran, cooked. Serve as a breakfast cereal with butter or cream.

**LUNCHEON**

Three eggs prepared as per recipe, p. 678; add two glasses of milk; mix well; drink slowly

**DINNER**

Choice of two of the following vegetables:

Beets

Cabbage or celery

Carrots

Fresh corn or corn hominy

Lentils

Navy or lima beans

Parsnips

Turnips

A baked white potato, rice, or corn

One egg, prepared any way acceptable to the taste—preferably whipped

Something green should be taken at this meal, if possible, such as lettuce, spinach, kale, parsley, or watercress

Home-made ice-cream, in summer, or a tablespoonful of honey, in winter, may be eaten, if something sweet is desired

Drink from one to two glasses of water at each of these meals, but take no water into the mouth until mastication is perfect.

Just before retiring, drink a glass of water, and eat half a pound of grapes, then devote from ten to fifteen minutes to deep breathing exercises.

**SECOND DAY:** Same as the first, slightly increasing or decreasing the quantity of food according to hunger.

Take an additional egg the second day for the noon meal; another the third day, then gradually decrease the quantity if the appetite rebels against them. Do not overeat. Assimilation is the primary object to be obtained.

**FOURTH DAY:** On rising, drink water and eat grapes, as prescribed for the first day. Devote much time to moderate exercise and deep breathing.

**BREAKFAST**

Two extremely ripe bananas, eaten with thin cream and either nuts or nut butter; also two or three figs or an equivalent quantity of raisins

A spoonful or two of whole wheat, thoroughly cooked

**LUNCHEON**

A large boiled onion, and a baked white potato, with butter and a dash of salt (If the onion cannot be procured, take carrots or parsnips)

Drink two or three glasses of milk

If the bowels are not acting normally, drink a glass of water and take a spoonful or two of wheat bran, after each meal.

**DINNER**

A liberal portion of baked white potatoes, eaten with butter

Four or five egg whites and two yolks, prepared as per recipe given for the first day

A small portion of any two fresh vegetables (A little ice-cream may be taken at this meal, if there is a craving for something sweet)

**FIFTH DAY:** Same as the fourth, omitting ice-cream.

**SIXTH DAY:** Same as the first, repeating these menus for about sixteen or eighteen days.

## SPRING MENU

*TUBERCULAR TENDENCY**CONSTIPATION—NERVOUSNESS—CATARRH*

**FIRST DAY:** Immediately on rising, drink a glass of cool water, eat a few cherries or the juice of an orange, and devote five or ten minutes to exercises Nos. 3 and 5, as shown in Vol. V, pp. 1344 and 1345.

## BREAKFAST

(Half an hour later)

A cup of hot water

Very ripe berries, with sugar—no cream

One exceedingly ripe banana, with nuts or nut butter

A small, baked white potato, eaten with butter

One egg, boiled two minutes

A small portion of wheat bran, cooked

## LUNCHEON

One or two large Spanish onions, boiled

A small, baked white potato, eaten with butter

One or two whole eggs, whipped

## DINNER

Choice of string beans, peas, or asparagus; if these cannot be obtained, take choice of:

Beets                      Carrots

Cabbage                  Parsnips

Turnips

Spanish onions, boiled

A baked white potato

Three egg whites, whipped

One glass of water, taken during the meal

Just before retiring, take two tablespoonfuls of wheat bran, drink a glass of water, and devote from five to ten minutes to exercises as prescribed for the morning.

SECOND DAY: Same as the first.

THIRD DAY: Same as the second, slightly increasing the quantity of food if necessary. Changes in the vegetables may be made, confining, however, to the vegetables mentioned, as nearly as possible, always taking fresh vegetables in preference to canned.

**FOURTH DAY:****BREAKFAST**

Fruit—choice

A small portion of plain boiled wheat, with butter and cream

A cup of hot water

Two eggs, whipped or boiled two minutes

**LUNCHEON**

Three glasses of milk

Two eggs, whipped

Wheat bran, cooked

(Take milk and eggs very slowly)

**DINNER**

One green vegetable

A tablespoonful or two of "Protoid" nuts

Junket, gelatin, or eggs

Just before retiring, devote from five to ten minutes to exercises prescribed for the first day.

If the bowels have not become normal, continue taking the wheat bran just before retiring, and a spoonful or two just after rising.

**FIFTH DAY:** The same as the fourth.

**SIXTH DAY:** Same as the first, and so on, repeating the diet so long as it appeals to the taste. If digestion will permit, the eggs and the milk may be increased.

## SUMMER MENU

*TUBERCULAR TENDENCY**CONSTIPATION—NERVOUSNESS—CATARRH*

Choice of the following menus:

## MENU I

## MENU II

## BREAKFAST

Cantaloup or peaches	One banana
Three or four egg whites, whipped—mix with two glasses of fresh milk	Melon or peaches with thin cream
A spoonful of nuts (choice)	Three eggs, whipped with very little sugar and fruit juice

## LUNCHEON

Choice of lima beans or a baked potato	A very small piece of fish
A salad of lettuce and fresh tomatoes, eaten with lemon juice, sugar, and a spoonful of mixed nuts	Boiled corn, beets, or a baked potato
Two eggs, whipped	One fig, with cream cheese

## DINNER

Choice of squash, boiled onions, or corn	An ear of corn
A salad of anything green	One and one-half glasses of buttermilk with egg whites
One glass of buttermilk, mixed with two whipped egg whites	Two or three very ripe peaches with cream and sugar
One or two tablespoonfuls of nuts (choice)	Home-made ice-cream

I would advise two or three very ripe peaches just before retiring at night, and just after rising in the morning.

## SUPPLEMENTARY DINNER

(To be taken if there is a craving for flesh or salty food)

- One ear of corn (boiled)
- Fish, lobster, or white meat of chicken
- A small baked potato
- A salad of lettuce or endive

**FALL MENU***TUBERCULAR TENDENCY**CONSTIPATION—NERVOUSNESS—CATARRH*

On rising, devote from three to five minutes to deep breathing exercises before an open window, preferably movements 3 and 5, as shown in Vol. V, pp. 1344 and 1345. Eat a bunch of grapes, thoroughly masticating the skins, swallowing seeds and pulp whole. Drink two glasses of water. If the weather is cold, the water should be heated.

**BREAKFAST**

Half a cup of wheat bran, cooked, eaten with cream

A small bunch of grapes

Two eggs, whipped about six or seven minutes; add a teaspoonful of sugar and a tablespoonful of olive-oil, while whipping

One extremely ripe banana; serve with cream and either nut butter or nuts (The banana should be baked, if not very ripe)

**LUNCHEON**

One fresh vegetable—carrots, parsnips, or turnips

A boiled onion  
A baked potato  
One egg, cooked two minutes, eaten with the  
potato skins  
Fresh butter  
A cup of hot water at the close of the meal

## DINNER

' Half a cup of wheat bran, cooked  
Two or three eggs, prepared as for breakfast  
One extremely ripe banana and a few soaked  
prunes  
(A very small, baked white potato may be taken  
if something salty is desired)  
A bunch of grapes

Just before retiring, eat a small bunch  
of grapes and drink a cup of hot water.  
Devote from three to five minutes to  
exercises which have already been pre-  
scribed for the morning.

These meals may be varied by changing  
the vegetables, and now and then sub-  
stituting for the eggs a portion of fresh  
fish or a glass of buttermilk.

If the quantity of food prescribed does  
not seem sufficient, it might be slightly  
increased; however, do not increase it

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beyond the limits of normal hunger. The best combinations of food, when taken in excess of the bodily needs, undergo a form of decomposition, and become a prolific source of dis-ease.

WINTER MENU

*TUBERCULAR TENDENCY*

*CONSTIPATION—NERVOUSNESS—CATARRH*

BREAKFAST

Two very ripe, red bananas, baked

Nuts, cream, raisins

Two whipped eggs; sugar; flavor to taste

A spoonful of wheat bran

LUNCHEON

Three fresh eggs, whipped about six minutes,  
with sugar; pineapple juice added after whipping

A small portion of wheat bran, cooked

DINNER

Celery

A tablespoonful of olive-oil

One fresh vegetable

A potato

Whole wheat bread (very little)

Buttermilk or gelatin

The above menus have been selected  
and combined so as to counteract con-

stipation, catarrh, nervousness, biliousness, etc. There is no specific remedy in foods for consumption. Foods will aid in curing this dis-ease only through the natural process of building up healthy tissue, and increasing the power of the body to resist all dis-eases.

SPRING MENU

*WEAK LUNGS*

*TENDENCY TOWARD INTESTINAL  
CONGESTION*

Immediately on rising drink a glass or two of water and take a very little of some juicy fruit. Also take a brisk walk in the open air before breakfast.

BREAKFAST

The strained juice of one sweet orange, or a few very ripe berries, without cream

Two or three coddled eggs

A small whole wheat cracker

One baked banana

A spoonful of wheat bran

LUNCHEON

A whole wheat muffin with butter, and a dessert-spoonful of honey

A glass or two of milk

Wheat bran

## DINNER

- Bean soup or pea soup
- Peas, asparagus, spinach, or any fresh vegetable
- Corn bread or a very small portion of whole wheat
- One coddled egg
- A small portion of wheat bran, slightly cooked

From one to two glasses of water should be drunk at each of the above meals.

If there is a marked tubercular tendency, from six to nine eggs may be taken daily for about three days in each week, taking with the eggs a small quantity of acid fruits at each meal—either orange juice, berries, or a spoonful of strained pineapple juice. The acids should be diluted (half water), and taken without sugar.

SUMMER MENU

*WEAK LUNGS*

*TENDENCY TOWARD INTESTINAL  
CONGESTION*

Take a brisk walk and deep breathing exercises before breakfast.

BREAKFAST

A cantaloup or a pear

Wheat bran, cooked

A liberal portion of baked sweet potatoes

One whole egg, either coddled or whipped

A pint of sour milk or a cup or two of chocolate

LUNCHEON

A liberal portion of tender corn, steamed in the husk

A lettuce and tomato salad

Nuts

DINNER

String beans, corn, or carrots

A baked potato

A very small portion of tender fish, an egg, or clabbered milk

Melon or peaches

If the patient is performing labor that would require more food than herein prescribed, the quantity may be increased.

**FALL MENU***WEAK LUNGS**TENDENCY TOWARD INTESTINAL  
CONGESTION*

The following menus are laid out with the view of giving the greatest amount of tissue-building food which require the least effort in digestion.

There is nothing more valuable in the treatment of lung trouble than extreme deep breathing. After pure blood is made, the way to keep it pure is to keep it charged with oxygen, and the only way to do this is to breathe an abundance of fresh air into the lungs.

**BREAKFAST**

A bunch of grapes

Three or four eggs, whipped five or six minutes, into which whip a teaspoonful of sugar, and a teaspoonful of Cognac brandy or lemon juice, to each egg

**NOTE:** The brandy is germicidal and aids in the digestion of the egg yolks.

**LUNCHEON**

From three to four eggs, prepared as for breakfast, slightly increasing the quantity of sugar and brandy. Put in a heaping teaspoonful of sugar and a dessert-spoonful of brandy, and add a full glass of milk to each egg

**DINNER**

Any one or two fresh vegetables, including something green, as spinach or lettuce

The fresh vegetables may consist of:

A baked potato	Squash
Onions	Turnips
Parsnips	

The patient may have a few grapes between meals and a few an hour after dinner. He should swallow the seeds and pulp whole, and masticate and swallow the skins. He should eat plenty of fresh eggs, fresh milk, and ripe, sweet grapes. The milk and the eggs are good tissue-building foods, while sugar is a carbohydrate and makes a good winter food. The grapes are full of grape-sugar, which is an excellent nutrient, and also an aid to the digestion of other foods.

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**NOTE:** These menus were given to a consumptive patient, and in a period of six weeks he had made a very substantial gain in both weight and strength.

## WINTER MENU

*WEAK LUNGS  
TENDENCY TOWARD INTESTINAL  
CONGESTION*

Take a bit of fruit, a glass of water, and a brisk walk immediately after rising.

## BREAKFAST

One or two exceedingly ripe bananas, baked, eaten with cream  
 A service of corn hominy  
 One coddled egg, if desired  
 A cup of chocolate, or hot water, if preferred

## LUNCHEON

Vegetable soup  
 One fresh vegetable; preferably boiled onion or carrots  
 One or two glasses of fresh buttermilk  
 Wheat bran

## DINNER

Celery, slaw, or any green salad  
 Steamed rice or plain boiled wheat  
 A whipped or coddled egg, or buttermilk  
 Nuts and raisins

A small portion of wheat bran should be taken at breakfast and just before retiring. Bran contains valuable mineral salts, and in winter can replace the chemistry of green salads.

From one to two glasses of cool water should be drunk at each of these meals.

**MENUS FOR DIS-EASES OF THE SKIN****SPRING MENU*****ECZEMA***

Whether or not eczema is a disease caused by bacteria, it is obvious that the weapon with which to combat this disorder is pure blood with an abundance of the white corpuscles. These phagocytes of the blood may be properly called the police of the body.

The patient should observe the following general rules:

Drink an abundance of pure water both at meals and between meals. Omit cane-sugar and all acids.

Dress as lightly as possible, and do not wear woolen garments next to the skin.

Take sufficient vigorous exercise each day to cause perspiration.

Spend as much time in the open air as possible.

The meals should be substantially as follows:

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### BREAKFAST

- A few spoonfuls of wheat bran, cooked, and eaten with cream
- Two or three bran meal gems
- Two or three egg whites, whipped very thoroughly, to which add a spoonful of cream
- One ripe banana

### LUNCHEON

- A green salad, with nuts—liberal portion
- A fresh vegetable; preferably boiled onions or carrots
- A baked potato

### DINNER

- A salad of any green succulent plant
- Young onions
- Peas or asparagus
- A baked potato or baked beans

**SUMMER MENU*****ECZEMA*****BREAKFAST**

Raspberries, blackberries, grapes, or cantaloup  
A potato—sweet or white  
A cup of cocoa or sassafras tea (See recipe,  
p. 681)

**LUNCHEON**

Beets, asparagus, cabbage, cauliflower, Brussels sprouts, or okra  
A potato—prepared choice

**DINNER**

Two fresh vegetables; choice of:

Asparagus	Corn
Beans	Eggplant
Beets	Onions
Carrots	

A very ripe peach or a cantaloup

Just before retiring, eat a few very ripe peaches, and take a tablespoonful of wheat bran.

## FALL MENU

*ECZEMA*

Either of the following menus may be chosen for a period of ten or twenty days. They are designed especially for the removal of all forms of autointoxication or self-poisoning which sometimes manifest themselves by skin eruptions. While autointoxication may not be the primary cause of eczema, it augments all zymotic conditions. The chief purpose of these menus is to give to the body an opportunity to throw off the dis-ease by removing all obstacles. I would therefore advise that the use of tobacco, tea, coffee, and all alcoholic stimulants be omitted.

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## MENU I

## MENU II

### BREAKFAST

Two egg whites, whipped very thoroughly, adding a little heavy cream and a spoonful of sugar

Take this as a sauce over two exceedingly ripe bananas, with nuts or nut butter

A bunch of California grapes (Malagas)

A cup of hot water at the beginning of the meal, and a glass of cool water at the close

Three extremely ripe bananas, baked in a casserole dish; serve with thin cream

### LUNCHEON

Spinach or a green salad

String beans or corn

A potato

Squash or turnips

A salad (green)

Baked beans

### DINNER

A green salad or cooked spinach

Boiled onions, carrots, or turnips

A baked potato with fresh butter

A small portion of fish, white meat of chicken, or an egg—egg preferred

A boiled onion and a baked potato

A bit of green salad

From one to two glasses of water should be drunk at each of these meals, preferably a cup of hot water at the beginning, and a glass of cool water at the close. I would especially advise vigorous exercises night and morning, and deep breathing before an open window.

## WINTER MENU

*ECZEMA*

**FIRST DAY:** On rising, drink two or three glasses of water, eat a few grapes, and devote from three to five minutes to any one of the exercises shown in Vol. V, pp. 1343 to 1346, inclusive.

## BREAKFAST

Baked white potatoes or bran meal gems  
A glass of rich milk

## LUNCHEON

Baked beans  
Bermuda onions  
A potato or corn bread

## DINNER

Any two of the following:

Beans	Pumpkin
Beets	Squash
Carrots	Turnips
Parsnips	

A green salad—either lettuce and tomatoes, or celery; very small portion

A baked white potato—eat skins and all

(A cup of very thin cocoa may be taken, if something hot is desired; however, pure water would be preferable)

Just before retiring, devote from three to four minutes to the above-prescribed exercises. The lungs should be inflated to their extreme capacity. Do not carry any of these exercises, however, to a point beyond ordinary fatigue. Divide the exercise period, both night and morning, into three or four two-minute heats.

Exercise and deep breathing are second in importance to diet, and should be taken daily, night and morning.

Drink from one to two glasses of water at each meal, but do not take water into the mouth until mastication is perfect.

**SECOND DAY:** The same as the first, slightly increasing the quantity of food until normal hunger is satisfied.

**THIRD DAY:** Practically the same as the first, varying the luncheon according to hunger. The luncheon may consist of any one or two fresh vegetables, such as carrots, turnips, beets, baked white or sweet potatoes.

**FOURTH DAY:****BREAKFAST**

A cup of hot water  
A sweet potato or two bran meal gems  
Two or three tablespoonfuls of wheat bran,  
with thin cream

**LUNCHEON**

Boiled onions  
A baked potato  
Choice of fish or an egg

Eat a pound of grapes ten minutes after this meal. The skins may be eliminated, but swallow the seeds and pulp. If grapes cannot be obtained, the juice of a sweet orange may be taken.

**DINNER**

String beans or spinach, with egg, and a liberal piece of Bermuda or Spanish onion, uncooked (The onions and the beans should be made exceedingly hot with red pepper)

A baked sweet or a white potato  
A small piece of corn bread, with one-half glass of buttermilk

From one to two glasses of water should be drunk at each of these meals.

Just before retiring, devote from three to five minutes to the exercises prescribed for the first day.

**FIFTH DAY:** The same as the fourth, slightly increasing the quantity of food if there is a return of normal hunger; if not, continue to follow the diet as herein given, until natural hunger is felt.

**SIXTH DAY:** The same as the first, repeating the diet from eighteen to twenty days.

## SPRING MENU

**WEAK DIGESTION—NERVOUSNESS  
SLIGHT ECZEMA**

The following menus for spring, summer and fall are laid out on the two-meal-a-day plan. In addition to the purposes named in the heading, they are designed to promote vitality and endurance, thus enabling one to meet the requirements of hot weather.

In order to aid the body in appropriating all the nourishment these menus contain, one should take, each day, at least one hour's vigorous exercise and deep breathing.

## MENU I

## MENU II

## BREAKFAST

One or two very ripe bananas baked in a casserole dish; eat with Tunis dates and thin cream

One whole egg, whipped  
Half a glass of milk

Peaches or cherries  
One whole egg  
Steamed wheat—well cooked; serve with thin cream

A very ripe banana with Tunis dates, cream, and nuts

**DINNER**

Two vegetables—choice of peas, beans, asparagus, onions, or beets	A salad Peas in the pod (see recipe, page 679)
A baked potato	A white potato, baked
A very small portion of either fish or white meat of chicken	A small portion of ice- cream (optional)

One or two glasses of water should be drunk at each of the dinner meals.

If constipated, two or three tablespoonfuls of wheat bran should be taken about twice a week with both the morning and the evening meal. This could be cooked five minutes, and may be made very palatable if eaten with a spoonful of cream.

## SUMMER MENU

*WEAK DIGESTION—NERVOUSNESS  
SLIGHT ECZEMA*

## MENU I

## MENU II

## BREAKFAST

(About 9:30)

Very ripe peaches—no sugar	A cup of hot water
A cup of hot water	One whipped egg
Whole wheat, cooked very thoroughly	A portion of gelatin, with cream
A medium-sized baked potato, with butter	

## DINNER

(About 5:30)

Fresh peas, and either beans or asparagus	Two of the following vegetables—peas, beans, asparagus, boiled onions, spinach, or carrots
Baked potatoes or tender corn	A baked potato
One whole egg or an omelet—Spanish style	Half a glass of buttermilk, with one egg white whipped into it
One glass of water	One glass of water

Just before retiring, drink a cup of hot water, and take two tablespoonfuls of bran.

## FALL MENU

*WEAK DIGESTION—NERVOUSNESS  
SLIGHT ECZEMA*

## MENU I

A very ripe banana with  
soaked prunes  
One dessert-spoonful of nuts  
—choice  
One or two spoonfuls of  
steamed whole wheat  
Two eggs—prepared choice  
A glass of water

## MENU II

## BREAKFAST

Fruit—choice  
Two tablespoonfuls of nuts  
—choice  
Two very ripe baked ba-  
nanas, with cream and  
nut butter  
One egg  
One or two glasses of milk  
Wheat bran

## DINNER

Two or three fresh vege-  
tables  
Tender corn  
A baked sweet or a white  
potato  
Junket or gelatin

Choice of two fresh vege-  
tables  
A baked sweet or a white  
potato  
A salad—lettuce or celery  
A small portion of ice-cream

All sweets may be omitted if they do not appeal especially to the taste, and other foods proportionately increased.

If there is a tendency toward sour stomach or intestinal gas, all fruit except bananas should be omitted.

WINTER MENU

**WEAK DIGESTION—NERVOUSNESS  
SLIGHT ECZEMA**

BREAKFAST

(Very light)

California grapes, or the strained juice of a sweet orange

A baked sweet potato, with butter

A cup of hot water into which put a spoonful of sugar and two tablespoonfuls of cream

LUNCHEON

Choice of the following:

a Three whipped eggs. Add a tablespoonful each of sugar and lemon juice

b A bowl of clabbered milk, with a sprinkle of sugar

A cup of hot water, with sugar and cream

DINNER

Boiled onions, and either cabbage or carrots

One egg, or an omelet

A baked potato

A cup of hot water or cocoa

If small portions of the above foods are eaten, two egg whites and one yolk may be taken at the close of the evening meal. (See recipe, Vol. III, p. 678). This makes an excellent dessert, delegating to the body much warmth, and aiding in the general digestion of other foods.

**MENUS FOR APPENDICITIS**

**SPRING MENU**

***APPENDICITIS***

**BREAKFAST**

A cup of hot water

Two tablespoonfuls of wheat bran, cooked thirty minutes; serve with thin cream

A portion of prunes, soaked in clear hot water until soft

A small, baked potato

**LUNCHEON**

Peas in the pod

A cup of hot water

**DINNER**

Peas or asparagus

Carrots or turnips

A potato

A spoonful of bran

SUMMER MENU  
*APPENDICITIS*

Just after rising take a tablespoonful of olive-oil and a cup of hot water.

BREAKFAST

A cantaloup  
A tablespoonful of wheat bran, well cooked  
An egg  
A new potato, baked  
A glass of water

LUNCHEON

Lettuce or spinach  
Boiled onions and carrots  
Wheat bran

DINNER

A salad of lettuce, with nuts  
Spinach, string beans, or new peas  
A potato  
Two tablespoonfuls of bran

FALL MENU

*APPENDICITIS*

On rising one-half pound of Concord grapes.

BREAKFAST

A small portion of whole wheat, well cooked;  
serve with thin cream  
Two egg whites, lightly poached  
A tablespoonful of wheat bran

LUNCHEON

Celery hearts  
A baked potato  
Wheat bran, with cream

DINNER

Bran meal gems  
Parsnips, en casserole  
Onions, en casserole  
A potato

A cup of hot water and a tablespoonful of olive-oil may be taken before each of these meals.

WINTER MENU

*APPENDICITIS*

BREAKFAST

A cup of hot water  
Soaked prunes  
Bran meal gems, with nuts  
A baked banana

LUNCHEON

Winter squash or stewed pumpkin  
A tablespoonful of bran

DINNER

A Spanish onion, en casserole  
Carrots or parsnips  
Bran meal gems or a potato  
(An hour after this meal, drink half a glass of  
prune juice)

In cases of appendicitis the following articles should be omitted: Tea, coffee, tobacco, all stimulants and intoxicants, white bread, rice, oatmeal, cornbread, sweets and confections of every kind.

**MENUS FOR THE PREGNANT WOMAN AND FOR  
THE NURSING MOTHER****IMPORTANCE OF FOOD DURING PREGNANCY**

There is nothing so important, or that wields so much influence over the comfort, the health, and the life of the pregnant woman as her food, and there is nothing, perhaps, to which she gives so little attention.

The diet of the prospective mother, of course, governs her digestion and assimilation of food, and elimination of waste matter from the body. These things control her health almost completely, and inasmuch as all mental conditions are principally governed by health, the intellectual faculties of the child are shaped largely by the condition of the mother's digestion. It is obvious, therefore, that the health of the mother and the entire future of the child depend more upon her diet during pregnancy than upon any other one thing.

During pregnancy the prospective mother should avoid all such articles of food as she would withhold from her baby after birth. This would eliminate from her diet meat, condiments, sweets, especially pastries and rich desserts; tea, coffee, and all stimulating and intoxicating beverages.

The pregnant woman should balance her diet carefully as to the proportion of proteids, carbohydrates, fats, and mineral salts.

As leading foods containing these nutrients, I would recommend the following:

PROTEIDS	CARBOHY-	FATS	VEGETABLES
	DRATES		RICH IN MINERAL SALTS
Milk	Potatoes	Nuts	Lettuce
Eggs	Wheat (whole)	Butter	Celery
Pine nuts	Corn	Cream	Carrots
Peanuts	Rice	Olive-oil	Parsnips .
Cheese	Oats	Cream cheese	Onions
Fish	Dried beans		Beets

Fowl	Dried peas	Fresh beans
Dried beans	Chestnuts	Fresh peas
Dried peas	Honey	Okra
Cream cheese	Sugar	Eggplant
	Sirups	Turnips
		Cauliflower

Some articles are listed under two headings. This is because they are rich in both classes of nutrition.

The amount of grain products eaten by the prospective mother should be somewhat limited, ranging between four and eight ounces a day, governed by work or activity. Cereals, especially corn, rice, and oats, are rich in phosphate of lime, which is the bone-making or structural food. While enough of this should be eaten to give the child sufficient bone-building material, too much makes birth difficult, and sometimes fatal.

The following menus contain suggestions as to the selections, combinations, and proportions of food that would compose a healthy bill of fare for both mother and child for the several seasons of the year:

SPRING MENU  
*FOR THE PREGNANT WOMAN*

BREAKFAST

Two eggs, cooked two minutes  
One whole-wheat muffin  
A glass or two of rich milk

LUNCHEON

Peas, asparagus, or turnips  
Potatoes—two medium-sized  
One pint of clabbered milk

DINNER

Vegetable soup  
Any two fresh vegetables named in the list above  
A potato  
Milk or a very small portion of fish

If constipated, take wheat bran at both the morning and the evening meal.

SUMMER MENU  
*FOR THE PREGNANT WOMAN*

BREAKFAST

Cantaloup  
Three or four egg whites and one yolk  
Whole wheat, boiled; serve with butter or cream  
A glass or two of milk

LUNCHEON

String beans, peas, or asparagus  
Tender corn or a potato  
Milk

DINNER

Vegetable soup  
Two green vegetables; selection from list given above  
Corn, lima beans, or a potato  
Milk or tender fish  
A small portion of ice-cream (optional)

FALL MENU  
*FOR THE PREGNANT WOMAN*

BREAKFAST

Cantaloup or pears  
Rice, with cream  
Milk  
Two tablespoonfuls of wheat bran

LUNCHEON

Celery  
Turnips or cauliflower  
Fish or fowl  
A potato

DINNER

A light vegetable soup  
Lettuce, or celery, with nuts  
Two fresh vegetables  
A baked potato  
Cheese, raisins, and nuts

WINTER MENU  
*FOR THE PREGNANT WOMAN*

BREAKFAST

Two or three baked bananas, with cream  
(See recipe, p. 677)

Two eggs or two glasses of milk  
Oatmeal—a small portion

LUNCHEON

A sweet potato  
Two or three glasses of milk

DINNER

Cream of rice soup  
Two fresh vegetables  
A potato or bran meal gems  
Milk or cheese  
Nuts and raisins

**THE NURSING MOTHER****SUGGESTIONS FOR THE DIET**

The nursing mother should omit all acid fruits, pickles, and condiments containing vinegar. She should eat sparingly of sweets, especially of the pastry and soda-fountain variety. She should omit such vegetables as radishes, cucumbers, cabbage, and sourcroust.

Fresh corn and dried beans often produce serious intestinal trouble in the young child. Eggs should never be eaten when there is the slightest fever.

The diet of the nursing mother should be confined chiefly to the more readily digestible foods such as are named in the menus which follow.

**SUGGESTIONS FOR NURSING**

The mother should remember that her baby should never be nursed when she is

tired, fatigued, overheated, angry, frightened, excited, or laboring under any mental disturbance. Both her mental and her physical condition are instantly conveyed to the child, through her milk, often in exaggerated form. Children are sometimes thrown into convulsions by nursing the breast of an excited mother.

#### SUGGESTIONS FOR RELIEVING INTESTINAL CONGESTION

If either mother or child has a tendency toward intestinal congestion (constipation), the mother should take wheat bran, thoroughly cooked, with both the morning and the evening meal; or, a few drops of prune juice, given to the child, will often relieve this condition, while affording an excellent source of nourishment.

SPRING MENU  
*FOR THE NURSING MOTHER*

BREAKFAST

Plain boiled wheat, with cream  
Fresh milk  
A baked potato or a baked banana

LUNCHEON

Fresh milk or eggs; milk preferred  
Corn bread or bran meal gems  
Onions, en casserole

DINNER

Cream of corn soup  
Spinach or turnip greens  
A potato, peas, or asparagus  
Plain gelatin, with cream

SUMMER MENU  
*FOR THE NURSING MOTHER*

BREAKFAST

Cantaloup or a very ripe, sweet peach  
One egg  
Flaked wheat, very thoroughly cooked  
A glass or two of milk

LUNCHEON

Vegetable soup  
Corn bread or bran gems  
Carrots, parsnips, or squash  
Fresh milk  
A potato

DINNER

Fresh peas, beans, squash, asparagus, or beets  
A baked potato  
Milk  
A whole wheat gem

FALL MENU  
*FOR THE NURSING MOTHER*

BREAKFAST

Cantaloup or a very ripe banana, with cream  
and figs

Boiled rice or whole wheat  
Milk

LUNCHEON

Soup—cream of corn, peas, or rice

Broiled fish

A baked potato

DINNER

Celery, or lettuce, with nuts

Fresh beans, turnips, carrots, or squash

Corn bread or a baked potato

Milk or cocoa

WINTER MENU  
*FOR THE NURSING MOTHER*

BREAKFAST

A dish of cereal, well cooked—simmered over night

Eggs or milk

Whole wheat gems or a corn muffin

LUNCHEON

Vegetable or cream soup

Winter squash or carrots

A sweet or a white potato

Milk

DINNER

Parsnips, turnips, or squash

A potato

Bran gems

Milk

(Egg custard, if something sweet is desired)

**MISCELLANEOUS MENUS**

**SPRING MENU**

***WEAK DIGESTION (ALMOST INVALID)***

On rising, drink a cup of hot water. Take deep breathing before an open window, and such exercises as the patient is able to perform.

**LATE BREAKFAST**

Choice of the following:

- a Baked bananas—very ripe
- b Baked omelet, served very rare (For recipe, see p. 678)

A cup of hot water

**LUNCHEON**

A cup of vegetable juice from peas or asparagus  
(See recipe, p. 680)

**DINNER**

Vegetable juice  
Peas or asparagus  
A baked potato

As digestion becomes stronger, the quantity of food may be increased, and a puree of carrots, turnips, parsnips, or squash added in limited quantities.

RECIPE FOR VEGETABLE JUICE

Grind vegetables fine, cover with water, cook ten to fifteen minutes, drain off the juice or water and serve.

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SUMMER MENU  
*WEAK DIGESTION (ALMOST INVALID)*

On rising, drink two cups of water and eat one very ripe peach. Take deep breathing and such exercises as will not cause too much fatigue.

LATE BREAKFAST

A cup of hot water  
Very ripe cantaloup, masticated exceedingly fine  
Three or four egg whites, whipped thoroughly; add a dessert-spoonful of sugar while whipping  
A baked white potato

LUNCHEON

Vegetable juice (See recipe, p. 1047)

DINNER

Cantaloup or watermelon, discarding the pulp  
Summer squash, or purée of tender peas or beans  
A cup of vegetable juice  
One or two egg whites

FALL MENU

*WEAK DIGESTION (ALMOST INVALID)*

Immediately on rising, drink a cup of hot water. Take exercise and deep breathing, if possible.

BREAKFAST

A cup of hot water  
Two egg whites, whipped, and mixed with a cup of lukewarm milk  
One or two small, baked potatoes, eaten with fresh butter

LUNCHEON

A cup of hot water  
A large boiled onion  
A baked potato  
One vegetable, such as carrots or parsnips, put through a colander

DINNER

A cup of hot water  
A baked potato  
A boiled onion or any other fresh vegetable  
Vegetable juice or purée (See recipe, p. 680)

This menu is for the purpose of building tissue. It contains enough carbohydrate matter to give a reasonable amount of fat and bodily warmth, provided it can be assimilated. Eggs are an excellent proteid food, when taken uncooked, whipped with a very little sugar. The number may be increased as digestion improves.

WINTER MENU

*WEAK DIGESTION (ALMOST INVALID)*

On rising, drink a cup of hot water, and devote a few minutes to deep breathing and such exercises as can be taken.

LATE BREAKFAST

A cup of hot water

Choice of the following:

- a An extremely ripe banana, peeled, and baked in a very hot oven
- b A baked potato, with butter

LUNCHEON

A baked omelet (See recipe, p. 678)

DINNER

Soup—cream of pea or celery; very small portion

A whipped egg or shad roe

A small baked potato

If the bowels should become slightly constipated, a spoonful of wheat bran,

thoroughly cooked, and served as an ordinary cereal, should be taken with both the morning and the evening meal.

The quantity of food should be governed by the condition of the patient as to strength, and as to powers of digestion and assimilation.

**SPRING MENU**

***BUILDING UP THE NERVOUS SYSTEM  
INCREASING VITALITY***

On rising, drink two glasses of water, eat a little of some juicy fruit, and devote as much time as possible to vigorous deep breathing exercises before dressing. In taking these movements, inflate the lungs to their fullest capacity, and hold the breath for half a minute while executing one or two movements. In this way the cell capacity of the lungs can, in many instances, be doubled. Large lung capacity is of primary importance in cases of nervousness.

**Choice of the following menus:**

## MENU I

## BREAKFAST

Half a cup of boiled wheat,  
with cream and nuts  
Two "dead ripe" bananas,  
baked, eaten with thin  
cream and three or four  
Tunis dates (The dates  
may be omitted, if de-  
sired)  
A cup of sassafras tea, or  
cocoa

Cherries or berries with  
sugar and cream  
One whole egg, eaten with  
a new potato  
A small portion of wheat  
flakes, eaten with cream  
or butter  
One very ripe banana, with  
three or four dates, or an  
equivalent quantity of  
raisins  
A cup of sassafras tea, or  
cocoa

## LUNCHEON

One vegetable—choice of  
boiled onions, carrots, or  
spinach  
A baked potato  
One glass of buttermilk

(To be taken in the office)  
Two extremely ripe bana-  
nas, with nuts or raisins  
Cream cheese with dates

## DINNER

A salad, if desired  
Two of the following vege-  
tables:  
Asparagus Beans  
Boiled onions Peas  
Baked new white potatoes  
One or two gems made from  
corn-meal or wheat bran  
Half a glass of buttermilk

A green salad  
Two of the following vege-  
tables:  
Beans Peas  
Beets Spinach  
Boiled onions  
An egg, junket, or a very  
small portion of fish  
A baked white potato—eat  
skins and all

About two glasses of water should be drunk at each of these meals—half a glass at the beginning, a glass during the progress of the meal, and half a glass at the close.

These meals are rather liberal, and if there should be the slightest fullness experienced after eating, the quantity should be reduced. The breakfasts are light, and one might add slightly to them if they do not satisfy normal hunger.

Mastication should be perfect. Eating should be very deliberate. Avoid heavy reading or earnest conversation while eating; these disturb the flow of saliva and prevent thorough mastication.

A cup of wheat bran, well cooked, should be taken with the morning and the evening meal about twice or three times a week.

A glass of water and the juice of a sweet orange may be taken just before retiring, and exercises as prescribed.

SUMMER MENU

*BUILDING UP THE NERVOUS SYSTEM  
INCREASING VITALITY*

BREAKFAST

A melon or peaches  
Two or three tablespoonfuls of nuts  
One very ripe banana—red variety  
A baked sweet potato  
One egg, either cooked two minutes, or whipped  
with a little sugar and lemon juice

LUNCHEON

One fresh vegetable—beans, beets, or corn  
A baked sweet or a white potato  
A glass of milk; buttermilk preferred  
A melon or very ripe peaches

DINNER

A small green salad, with oil  
Lima beans, okra, or corn  
A baked potato  
Figs, with cream and nuts

SUPPLEMENTARY DINNER

If there is a desire for something salty or more pungent in taste and flavor, the following menu may be used:

Fish or chicken  
A potato  
A fruit salad  
Ice-cream—home-made

If the two-meal-a-day plan is desired, luncheon may be omitted entirely, and the proportions composing the morning meal slightly increased.

## FALL MENU

*BUILDING UP THE NERVOUS SYSTEM  
INCREASING VITALITY*

Choice of the following menus:

## MENU I

## MENU II

## BREAKFAST

A cantaloup or peaches	One or two red bananas, eaten with soaked prunes and cream
A small portion of boiled whole wheat, with cream	A liberal portion of gelatin —very little sugar
Two tablespoonfuls of nuts with cream and figs	
One egg, either whipped or cooked two minutes	

## LUNCHEON

An ear or two of tender corn	One fresh vegetable— choice
A baked sweet potato	One egg, cooked two min- utes
Nuts and raisins, with cream	A baked potato or baked beans

## DINNER

Endive or celery	Fish or lobster—a very
Lima beans and corn	small portion
Whole wheat bread with butter	A baked potato
A cantaloup	A fruit salad
	Corn bread
	Two egg whites, whipped with a particle of sugar and eaten with gelatin

## WINTER MENU

*BUILDING UP THE NERVOUS SYSTEM  
INCREASING VITALITY*

## BREAKFAST

A very little sweet juicy fruit—winter pears or grapes

One egg, prepared choice

One or two exceedingly ripe bananas, baked, eaten with cream, dates, figs, or raisins

A cup or two of cocoa

## LUNCHEON

Any one or two fresh vegetables, such as:

Beans	Peas
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Carrots	Squash
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Onions	Turnips
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A slice of coarse bread, or preferably a baked sweet or white potato

## DINNER

One or two fresh vegetables

Choice of eggs or fish; eggs preferred

A green salad

A few nuts

One extremely ripe banana, with cream

Gelatin, with cream

SPRING MENU  
*FOR AGED PERSON*  
*BUILDING UP GENERAL HEALTH*

FIRST DAY:

**BREAKFAST**

A full glass of cool water  
A cup of junket, unsweetened  
One whole egg, lightly poached  
A very small, baked white potato  
A cup of hot water

**LUNCHEON**

A large, boiled Spanish onion  
A very rare omelet or a potato  
A cup of hot water

**DINNER**

Green peas, served in the pod  
A boiled onion  
Steamed rice  
Two egg whites, whipped, served with a glass of  
fresh milk

Just before retiring, drink half a glass of water, and devote from three to five minutes to some of the exercises shown in Vol. V, pp. 1343 to 1346. Give special attention to deep breathing.

**SECOND DAY:** Same as the first, slightly increasing the quantity of food, if the quantity named does not seem sufficient.

**THIRD DAY:****BREAKFAST**

Oatmeal simmered over night  
Two extremely ripe bananas, baked, eaten with  
thin cream  
Raisins, nut butter, and cream

**LUNCHEON**

A small portion of asparagus or green peas, with  
a baked white potato  
A cup of junket

**DINNER**

Asparagus, green peas, or beans  
Fish, white meat of chicken, or whipped  
eggs  
A potato

From one and one-half to two glasses  
of cool water should be drunk at each of  
the above meals, or, if preferred, a cup or  
two of hot water.

Just before retiring, take vigorous deep  
breathing exercises.

**FOURTH DAY:** Same as the third, varying the menus by changing vegetables or fruits.

**FIFTH DAY:** Same as the first, repeating these menus so long as they appeal to the taste and satisfy normal hunger.

SUMMER MENU  
*FOR AGED PERSON*  
*BUILDING UP GENERAL HEALTH*

**BREAKFAST**

Peaches or cantaloup  
Corn hominy, with cream  
Two glasses of milk

**LUNCHEON**

Spinach or lettuce  
Lima beans or boiled corn  
A potato—sweet or white

**DINNER**

One fresh vegetable—choice  
Buttermilk or fish  
A potato  
Sliced peaches or a melon

Where milk is not prescribed, I would advise drinking from one to two glasses of water at each meal.

Masticate every atom of food to extreme fineness.

FALL MENU  
*FOR AGED PERSON*  
*BUILDING UP GENERAL HEALTH*

BREAKFAST

A baked apple or soaked prunes  
One extremely ripe banana  
Plain wheat, boiled until the grains burst open  
A pint of rich milk  
Half a cup of wheat bran, cooked

LUNCHEON

A baked potato or baked beans  
Cooked spinach or a morsel of anything green  
in the way of a salad  
One fresh vegetable—carrots, string beans,  
parsnips, squash, or onions. String beans, with a  
Spanish onion, preferred

DINNER

Vegetable soup  
A potato  
Carrots, parsnips, or beans  
Junket or gelatin

The following are emergency meals  
which may be taken once or twice a  
week:

**EMERGENCY BREAKFAST**

Whole wheat gems

A pint of milk

A cup of cocoa

(Inasmuch as milk, in small quantities, may be constipating, some bran should be taken at this meal)

**EMERGENCY DINNER**

Choice of the following:

- a Tender fish, with baked or mashed potatoes (If something sweet is desired a very simple dessert, such as plain ice-cream, may be eaten)
- b Chicken or turkey  
Mashed or baked potatoes  
A cup of chocolate

**WINTER MENU**  
**FOR AGED PERSON**  
**BUILDING UP GENERAL HEALTH**

**BREAKFAST**

- A cup of hot water
- A few Malaga grapes or the juice of a very sweet orange
- Two medium-sized, baked sweet potatoes, eaten with butter
- A glass of clabbered milk, or a cup of junket, with very little sugar
- A small portion of wheat bran

**LUNCHEON**

- A small quantity of something green—endive, lettuce, or celery, eaten with nuts, oil, and a very little salt
- Boiled onions, carrots, or parsnips
- A baked potato
- A liberal portion of gelatin
- A cup of hot water

**DINNER**

- Spinach, or a salad with oil
- Turnips, beets, carrots, parsnips—any two of these
- A baked potato, with baked beans or rice
- A portion of junket, fish, or chicken
- A portion of gelatin, with cream—optional

SPRING MENU

*STRENGTH AND ENDURANCE  
(HEALTHY PERSON )*

BREAKFAST

Half a glass of water  
Choice of fruit—a small portion  
Gems, cakes, or muffins made from coarse corn-meal or bran meal; serve with butter  
A red banana, with cream, nuts, and raisins  
Milk

LUNCHEON

Peas, beans, or lentils—dried  
One green vegetable  
Corn bread and butter  
Buttermilk

DINNER

Cabbage, celery, lettuce, or romaine, with oil  
One or two fresh vegetables—peas, potatoes, etc.  
An egg, milk, fish, or gelatin—any two of these proteid foods  
Rice, with honey, or raisins with cream, if something sweet is desired

Sufficient wheat bran should be taken to keep the bowels in normal condition.

SUMMER MENU

*STRENGTH AND ENDURANCE  
(HEALTHY PERSON)*

BREAKFAST

Peaches, plums, cantaloup, or berries  
Steamed corn, scraped from the cob. Recook  
lightly with whipped egg, stirring constantly  
A peeled banana, baked—cream

LUNCHEON

Okra, beets, or eggplant  
Salad—tomato, cucumber, and lettuce  
Peas or corn  
A potato—sweet or white

NOTE: The salad, with one vegetable,  
is sufficient if one is not engaged in stren-  
uous work.

DINNER

Salad—green  
Rice or corn hominy  
One or two fresh vegetables  
Buttermilk, junket, or fresh eggs  
Cantaloup, melon, or peaches

**FALL MENU**  
***STRENGTH AND ENDURANCE***  
***(HEALTHY PERSON)***

The following menus should be adhered to for about thirty days, choosing such vegetables from the selections named as appeal most to the taste.

Choice of either set of menus may be made; that is, Menu I may be followed by Menu II at noon, returning to Menu I for dinner and so on:

**MENU I****MENU II****BREAKFAST**

Two eggs, cooked very lightly  
A small portion of boiled rice or whole wheat, eaten with cream and a very little salt  
A cup of wheat bran, with cream

Choice of the following:  
a Two medium-sized sweet or white potatoes, eaten with butter or cream  
b Corn muffins, or corn hominy, with either cream or fresh butter  
Two eggs, cooked two minutes

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LUNCHEON

A large, boiled onion	Gems or whole wheat bread
A liberal portion of baked beans	A pint of rich milk
	Half a cup of wheat bran

DINNER

Choice of two of the following vegetables:	Baked navy or lima beans
Carrots Parsnips	A baked white potato
Beets Stewed	A green salad—a very small portion
	pumpkin
A boiled white potato	One fresh vegetable
Choice—fish, buttermilk, or eggs	A glass of buttermilk
Half a cup of wheat bran	

If something sweet is desired, plain ice-cream, egg custard, or gelatin may be eaten at either of the evening meals.

From one to two glasses of water should be drunk at each of these meals.

A cup of sassafras tea may be taken at breakfast. See recipe, Vol. III, p. 681.

WINTER MENU

*STRENGTH AND ENDURANCE  
(HEALTHY PERSON)*

BREAKFAST

California grapes or soaked prunes  
Two eggs—prepared choice  
Muffins of coarse cereal meal—butter

LUNCHEON

Corn hominy, with butter  
Figs, cream, nuts

DINNER

Bean or pea soup  
Whole wheat bread  
Turnips, carrots, or onions  
Potatoes or rice  
Choice of eggs, fish, chicken, buttermilk  
Gelatin or junket  
Nuts, raisins, or cheese, with hard cracker

## SPRING MENU

*MALASSIMILATION AND AUTOINTOXICATION*

Manual labor or physical exercise is almost as important in these conditions as diet, therefore at least two hours during the day should be devoted to labor or vigorous motion of some kind, preferably useful labor, such as wood-chopping or cultivating the soil.

## BREAKFAST

A bran meal gem or boiled whole wheat  
One very ripe banana, baked in a very hot oven;  
eat with a very little butter or cream  
Half a glass of rich milk  
A spoonful of nut-meats

## LUNCHEON

One fresh vegetable—choice; or a vegetable salad  
Boiled corn, or hominy, with either butter or cream  
A small portion of wheat bran

DINNER

A fresh green salad  
Any fresh vegetable in season  
A new baked potato  
One egg, cooked two minutes, or a glass of  
kuymiss

If there is a slight tendency toward constipation, a tablespoonful of wheat bran should be taken immediately on rising and just before retiring. This may be taken cooked as an ordinary cereal, or uncooked in hot water.

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SUMMER MENU

*MALASSIMILATION AND AUTOINTOXICATION*

Vigorous exercise and water-drinking before breakfast.

BREAKFAST

A melon or a very ripe peach  
A banana, with cream and figs—very ripe  
A liberal portion of nuts  
A glass or two of milk

NOTE: The nuts should be masticated exceedingly fine.

LUNCHEON

Two fresh vegetables, such as:

Asparagus	Eggplant
Beans	Okra
Carrots	Peas
Corn	

A potato, prepared choice, except fried  
A small green salad

DINNER

A light vegetable soup  
Choice of:

Asparagus	Onions
Beans	Peas
Beets	Spinach

Corn or a baked potato  
Very tender fish, game, or chicken, if flesh food  
or something salty is desired

If the weather is extremely warm, all fat foods should be reduced to the minimum, and an abundance of water drunk both at meals and between meals.

At least an hour during the day should be devoted to moderate exercise and deep breathing.

In all conditions of malassimilation, there is more or less autointoxication. If the diet has been leveled or balanced, the next most important thing is exercise. The best balanced menus will not be effective in removing the causes of these conditions unless there is sufficient time devoted to exercise to create natural hunger.

## FALL MENU

*MALASSIMILATION AND AUTOINTOXICATION*

## BREAKFAST

A bunch of grapes (Thoroughly masticate the skins, swallowing the seeds and pulp whole)

Two eggs or one glass of buttermilk

A small, baked potato, sweet or white, with fresh butter

A cup of hot water or chocolate

## LUNCHEON

One fresh vegetable—carrots, parsnips, squash, or boiled onions

A baked potato

A glass of buttermilk

A cup of hot water

**NOTE:** If the occupation is sedative, the milk should be omitted.

## DINNER

Cooked spinach or a very small portion of green salad

Fish, chicken, or buttermilk

A baked potato

Boiled onions, or any fresh vegetable

Corn or corn bread

A cup of hot water

Every atom of solid food herein named should be masticated to infinite fineness. Do not overeat; eat slowly and do not engage in animated conversation while eating.

Every morning and every evening, immediately on rising and just before retiring, devote from three to five minutes to vigorous deep breathing exercises.

If the bowels are constipated, take a tablespoonful of wheat bran on rising; also a small bunch of grapes and a glass of water. Take a spoonful or two of wheat bran, cooked, with the breakfast and evening meals, and another spoonful in hot water just before retiring.

The quantity of bran taken should be governed by the severity of the condition. When the bowels are once regulated, the quantity may be modified, or perhaps omitted entirely.

WINTER MENU  
*MALASSIMILATION AND AUTOINTOXICATION*

On rising, drink two cups of hot water. This should be followed by vigorous exercise in a thoroughly ventilated room.

BREAKFAST

The strained juice of a sweet orange (Florida seedling preferred)

Two eggs, whipped very thoroughly, to which add one glass of milk and a tablespoonful each of sugar and of lemon juice

Half a cup of wheat bran

LUNCHEON

A liberal portion of baked beans

A cup of hot water or cocoa

DINNER

Carrots, parsnips, squash, or pumpkin—any two of these

Celery or slaw

A very rare omelet, rolled in grated nuts and cream

A baked potato

SPRING MENU  
*NO APPETITE*

A very sharp distinction should be drawn between appetite and hunger. Appetite is a cultivated desire expressed through a sense of CRAVING. Hunger is the normal demand for food, expressed through the salivary glands. Appetite is the desire for liquor, coffee, tobacco, morphin, etc., and for food when one habitually overeats. It is expressed by an empty feeling or craving in the stomach, while hunger is felt only in the salivary glands, and in the region of the throat and the mouth. Appetite weakens the body; hunger stimulates thought and action.

Normal hunger can be produced by limiting the quantity of food below the actual needs of the body, for three or four days, or perhaps a week.

When normal hunger returns, the quantity may be increased, but the combinations should be observed for a week or two.

The following are limited menus composed of foods that will produce hunger after the third or fourth day:

On rising, devote at least five minutes to vigorous deep breathing exercise before an open window, or in the open air. Take a bit of juicy fruit and a glass of water.

#### BREAKFAST

Cherries or berries (very ripe); neither cream nor sugar

A banana, very ripe, eaten with two egg whites, thoroughly whipped, and a very little thin cream

#### LUNCHEON

A green salad

One fresh vegetable; peas or asparagus preferred  
A new potato

#### DINNER

A green salad, with nuts

Two fresh vegetables

A whipped egg or a cup of junket

It may be well to omit the noon meal for the first three or four days.

If there is the slightest tendency toward constipation, a tablespoonful or two of wheat bran, cooked, should be taken at both the morning and the evening meal.

A glass of water should be drunk just before retiring, and at least ten minutes devoted to exercise and deep breathing.

As appetite returns, the quantity of food may be increased, and a few heavier articles added, such as coarse cereal for breakfast, and a bit of fish or an omelet for dinner.

SUMMER MENU

*NO APPETITE*

A cup of water and a very ripe peach or plum followed by vigorous deep breathing exercises, immediately after rising.

BREAKFAST

Melon or peaches, with a very little cream  
Tender ear of boiled corn, scraped from the cob,  
and served with butter or a spoonful of cream

LUNCHEON

Lettuce and tomato salad, with grated nuts and dressing  
Corn or beans

DINNER

Cucumber and lettuce salad, with dressing  
Summer squash  
Lima beans  
Melon

FALL MENU

*NO APPETITE*

BREAKFAST

A cup of hot water

A bunch of grapes or a baked apple, without sugar

One extremely ripe banana, eaten with cream, figs, and nuts

LUNCHEON

A large Spanish onion, boiled

A baked potato (The potato should be made very hot with red pepper)

DINNER

Anything green, in the way of a salad, or a bit of spinach, cooked

A bran meal gem—fresh butter; or a baked potato

One extremely ripe banana, with cream and nuts

**A bunch of grapes an hour after eating.**

## WINTER MENU

*NO APPETITE*

On rising, take the juice of an orange, a glass of water, and such exercises as have been already prescribed in the Spring Menu.

## BREAKFAST

A teaspoonful of olive-oil  
A pint of clabbered milk or junket  
Half a cup of wheat bran, cooked, served with cream  
One egg, either whipped or coddled

## LUNCHEON

Soup, either vegetable or cream of tomato  
A small piece of a crisp cracker  
A tablespoonful of olive-oil

## DINNER

Two or three bananas, peeled, and baked in a hot oven; eat with one whipped egg, to which might be added a very little whipped cream  
A glass of rich milk  
Half a cup of wheat bran

A glass of cool water or a cup of hot water should be drunk at each of these meals, and, as the appetite becomes normal, the egg and the milk products may be increased, and the heavier vegetables, such as sweet potatoes, baked beans, corn hominy, and plain boiled wheat may be added.

SPRING MENU  
*ATHLETIC DIET*

An orange or an apple, on rising

BREAKFAST

Plain wheat, boiled  
Eggs or buttermilk  
Nuts and raisins

LUNCHEON

Lettuce and tomatoes, with oil  
Corn bread or corn hominy  
Baked beans, with butter

DINNER

Soup—cream of rice or corn  
Peas, asparagus, or carrots  
A potato  
Baked beans or lentils  
A red banana, with raisins and cream

SUMMER MENU

*ATHLETIC DIET*

Berries, melon, or peaches, on rising

BREAKFAST

Three or four whipped eggs; add sugar to taste, and flavor with fruit-juices

A pint of milk

A corn muffin or a small portion of coarse cereal  
—flaked wheat

LUNCHEON

Fresh corn or shelled beans

Buttermilk

Raisins and nuts

Peaches and cream

DINNER

A small salad

Choice of one fresh vegetable:

Beans

Peas

Lentils

Corn bread

A sweet potato

Cottage cheese and either raisins or currants

Nuts

Plain ice-cream

FALL MENU

*ATHLETIC DIET*

Grapes, melons, or pears, on rising

BREAKFAST

Corn hominy or steamed barley; serve with butter or cream

A pint of milk

A red banana, with cream, figs, and nuts

LUNCHEON

Lentil soup

Sweet potatoes, with butter

Whole wheat bread

Dates, cream cheese, and nuts

DINNER

A salad of lettuce, tomatoes, and nuts

Green corn

Onions, en casserole

Rice steamed with raisins; serve with butter or cream

WINTER MENU  
*ATHLETIC DIET*

An orange, on rising

BREAKFAST

Baked chestnuts, with butter  
Two or three eggs, whipped; add sugar to taste  
A whole wheat muffin  
A banana, with dates and cream

LUNCHEON

Baked beans  
Milk

DINNER

Soup—cream of pea or corn  
Squash or stewed pumpkin  
Fish or an omelet  
Corn bread, with butter or oil  
Ripe olives, celery, nuts, and raisins

The primary purpose of fat in the diet is to produce body-heat. About three ounces of fat will maintain normal heat in the average-sized body for a period

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of twenty-four hours. The amount of fat taken by the athlete should be governed by exposure and temperature of the atmosphere.

The best sources of fat are butter, nuts, and salad oil.

SPRING MENU  
*ATHLETIC DIET (CHIEFLY UNCOOKED)*

BREAKFAST

Berries or cherries  
Three or four eggs, whipped eight minutes—  
sugar to taste; flavor of lemon or pineapple juice.  
Add a pint of milk, after whipping  
Very ripe bananas, with cream, nuts, and  
raisins

LUNCHEON

A green salad, with oil  
Boiled wheat, corn hominy, or rice  
Asparagus, onions, or peas  
Nuts, raisins, cream cheese

DINNER

Boiled wheat  
Three or four eggs, prepared as for breakfast  
Ice-cream, plain  
Wheat bran

SUMMER MENU  
*ATHLETIC DIET (CHIEFLY UNCOOKED)*

BREAKFAST

Melon or peaches  
A pint of junket or clabbered milk  
Two eggs, whipped  
Two red bananas, with cream and nuts

LUNCHEON

Two or three ears of tender corn, boiled  
One fresh vegetable—peas, beans, or carrots

DINNER

A green salad, with oil and nuts  
A baked potato  
Corn, peas, or beans  
Fish or eggs  
A banana, with dates  
Melon or peaches

FALL MENU  
*ATHLETIC DIET (CHIEFLY UNCOOKED)*

BREAKFAST

Exceedingly ripe bananas, eaten with nut butter, dates, and cream

Two or three eggs, whipped. Add to each egg a rounded teaspoonful of sugar, and a scant spoonful of lemon juice. Whip thoroughly, and add a glass of milk to each egg

LUNCHEON

Two or three eggs, whipped, into which whip a teaspoonful each of honey and lemon juice; add a glass of milk to each egg

One or two exceedingly ripe bananas, eaten with nut butter and raisins

DINNER

A green salad or celery

A fresh vegetable, cooked—squash, carrots, parsnips, or onions

Baked beans and a baked potato

Sufficient water should be drunk at each of these meals to bring the moisture up to 66 per cent of the whole.

Tender carrots or cabbage, uncooked, may be eaten, with nuts and salt, at both luncheon and dinner.

**WINTER MENU**

***ATHLETIC DIET (CHIEFLY UNCOOKED)***

**BREAKFAST**

An orange or an apple, with olive-oil  
Oatmeal or boiled wheat  
Three eggs, whipped—sugar to taste; fruit  
flavor  
Cream and nuts, with raisins

**LUNCHEON**

Corn bread—buttermilk  
A banana, with either seedless raisins or cur-  
rants; cream, and either nuts or nut butter  
Milk or chocolate

**DINNER**

Celery  
Baked beans or lentils  
Eggs or fish  
A potato  
Nuts, raisins, and either cream or ice-cream

SPRING MENU

*FOR INVALID CHILD—MAKING MUSCULAR  
TISSUE—REGULATING BOWELS*

On awaking, have the child take a glass of water and the strained juice of an orange, or a few cherries or berries; deep breathing in the open air, and such exercises as it is able to endure.

**BREAKFAST**

(Late)

Cherries or berries—very few  
Half a cup of hot water  
A heaping tablespoonful of boiled wheat, oat-meal, or rice  
A whipped egg, sweetened and flavored to taste  
Half a glass of milk

**LUNCHEON**

Two glasses of fresh milk, taken slowly—half a glass every ten or fifteen minutes  
A heaping tablespoonful of wheat bran, cooked, served with cream

**DINNER**

**Vegetable soup**

**A cup of water**

**Green peas**

**New potatoes**

**Eggs whipped, same as for breakfast—all the child will take; milk, if preferred (If milk is chosen, a tablespoonful of wheat bran should be taken to prevent constipation)**

SUMMER MENU

*FOR INVALID CHILD—MAKING MUSCULAR  
TISSUE—REGULATING BOWELS*

A very ripe peach or a bunch of grapes  
on awaking; exercise and deep breathing.

BREAKFAST

Cantaloup or peaches—very little sugar and  
cream

Whipped eggs, junket, or gelatin—all the child  
will take of either, or a portion of all

LUNCHEON

Tender corn, scraped from cob, made into a  
purée; season to taste

Milk and either eggs or gelatin

DINNER

Cantaloup or melon

A pint of milk, with one whipped egg

A spoonful of bran

Deep breathing in the open air just  
before retiring.

## FALL MENU

*FOR INVALID CHILD—MAKING MUSCULAR  
TISSUE—REGULATING BOWELS*

**FIRST DAY:** The first thing after rising, give the body a thorough rubbing with a coarse towel or flesh brush, and a gentle massage. Do not use water except on the face and hands.

## BREAKFAST

Whip two fresh eggs very fine, adding slowly, while whipping, two teaspoonfuls of sugar, two and one-half teaspoonfuls of lemon juice, and two tablespoonfuls of cream. Add half a glass of milk to each egg and mix thoroughly

At usual breakfast hour begin taking not more than half a glass at first; in ten or fifteen minutes another half glass. Continue taking half a glass every ten or fifteen minutes until the full amount is consumed

## LUNCHEON

A small, baked potato  
Two eggs, prepared as for breakfast

## DINNER

A glass of milk  
A baked potato  
Bit of any fresh vegetable that appeals to the taste

Drink liberally of water between meals or at meals. Just before retiring, rub the body with a flesh brush, or give it a massage as prescribed for the morning.

Take about one tablespoonful of coarse wheat bran at the beginning of each meal. To keep the intestines thoroughly cleansed is of primary importance. Increase the quantity until the desired result is produced, which should be an action once or twice a day.

**SECOND DAY:** The same as the first, decreasing the eggs and increasing the milk.

**THIRD DAY:** The same as the second, slightly varying the menus by increasing the quantity of eggs and milk, if these are agreeable, reducing the other articles correspondingly.

**FOURTH DAY:****BREAKFAST**

A glass or two of clabbered milk, slightly sweetened until it is palatable  
Wheat bran, cooked

**LUNCHEON**

Choice of any fresh vegetable, especially such as sweet potatoes, pumpkin, or red banana, eaten with nut butter  
A little cream and either dates or figs

**DINNER**

Fruit and nuts, prepared any way they are palatable

**FIFTH DAY:** The same as the first, repeating the diet herein given so long as it is agreeable.

The body should be rubbed with a flesh brush and given massage every morning and evening.

## WINTER MENU

*FOR INVALID CHILD—MAKING MUSCULAR  
TISSUE—REGULATING BOWELS*

Choice of the following menus:

## MENU I

## BREAKFAST

Two egg whites and one yolk whipped rapidly about two minutes. Add two teaspoonfuls of sugar and whip three minutes longer; then add slowly, while whipping, a teaspoonful of strained lemon juice or pineapple juice, and a very little olive-oil. Serve two egg yolks and three whites, if the appetite will accept them

## MENU II

Rice boiled until very soft. Put through a colander and make into a thin purée by adding milk; sugar and cream to taste

## LUNCHEON

Any fresh vegetable of the sweet variety, such as parsnips, sweet potatoes, squash, or pumpkin. (These may be made into a purée by putting through a colander and adding cream and sugar to taste)

A boiled onion  
A potato—sweet or white  
Carrots or parsnips, eaten with butter and salt  
A cup of chocolate

DINNER

One or two fresh vegetables —carrots, parsnips, turnips, or onions, prepared anyway that will make them palatable	Purée of rice and one egg prepared as for breakfast (Menu I)
Clabbered milk with a sprinkle of sugar	

The articles composing these meals should be served in very small portions.

SPRING MENU  
*FOR MENTAL WORKER  
TO INCREASE BRAIN EFFICIENCY*

Immediately on rising, take two or three tablespoonfuls of orange juice and drink two glasses of water. If there is a tendency toward fermentation, the orange juice should be omitted.

Exercise in the open air before breakfast.

BREAKFAST

Two eggs, cooked two minutes  
A small, baked potato—sweet or white  
One glass of milk  
A cup of water

LUNCHEON

A large, boiled onion and either green peas or asparagus  
A glass of water

DINNER

A small portion of fish  
A baked white potato—eat skins and all; masticate thoroughly

One or two vegetables, such as peas, beans, or  
asparagus

One egg white in half a glass of milk  
Half a glass of water

Luncheon should be omitted unless  
quite hungry.

**SUMMER MENU**  
**FOR MENTAL WORKER**  
**TO INCREASE BRAIN EFFICIENCY**

Choice of the following menus:

**MENU I**

Peaches or plums  
 Oatmeal, rice, or boiled  
     wheat  
 Two glasses of milk

**MENU II**

**BREAKFAST**

A portion of wheat flakes.  
 (A spoonful or two of  
 wheat bran cooked with  
 the wheat flakes)  
 One whole egg  
 One banana, baked  
 A glass of milk

**NOTE:** A few very ripe berries or the  
 juice of an orange may be taken at the  
 beginning of each of these meals.

**LUNCHEON**

One fresh vegetable  
 A baked sweet or white  
     potato  
 A very small portion of fish

Choice of one or two fresh  
 vegetables  
 A glass of buttermilk  
 Corn bread—a very little

## DINNER

Choice of two fresh vegetables	Choice of two fresh vegetables
Two glasses of milk or a small portion of fish	A baked white potato
Two medium-sized baked white potatoes or baked beans	Two or three egg whites Baked peas, beans, or lentils

Every atom of food composing these meals should be masticated to exceeding fineness, and two glasses of water drunk at every meal.

If something sweet is desired, a spoonful of raisins and nuts might be taken at the close of the dinner meal.

FALL MENU  
*FOR MENTAL WORKER  
TO INCREASE BRAIN EFFICIENCY*

**FIRST DAY:** On rising, take a bunch of grapes (swallow seeds and pulp without mastication), a glass of water, and devote from eight to ten minutes to exercises Nos. 3 and 5. See Vol. V, pp. 1344 and 1345.

BREAKFAST

One or two exceedingly ripe bananas (red variety preferred), eaten with thin cream, raisins or figs, and butter

Two glasses of milk

LUNCHEON

One whole egg, boiled two minutes

Whole wheat, thoroughly cooked; nut butter

Two glasses of milk

**NOTE:** If not hungry, omit both the whole wheat and the egg and take from two to three glasses of milk. For gaining weight, this would be preferable.

## DINNER

Choice of carrots, squash, turnips, or parsnips  
One whole egg, boiled two minutes; or an omelet  
Two medium-sized baked white potatoes  
One glass of milk

**NOTE:** From one to one and one-half glasses of water should be drunk at each of these meals.

If constipated, eat two medium bunches of Concord grapes, swallowing skins, seeds and pulp without mastication. Drink a glass of water and spend from five to ten minutes in active exercise and deep breathing just before retiring.

**SECOND DAY:** The same as the first, slightly increasing the quantity of food if normal hunger requires it. Bran biscuits may be taken instead of whole wheat if preferred.

**THIRD DAY:** The same as the first, omitting the egg at dinner time, and substituting a small quantity of fish (smelts preferred).

**FOURTH DAY:**

**BREAKFAST**

- A cantaloup
- Half a glass of water
- A small portion of oatmeal, very thoroughly cooked
- Two exceedingly ripe bananas, eaten with figs, cream, and nuts
- A cup of chocolate

**LUNCHEON**

- Two eggs—prepared choice
- Two medium-sized potatoes

- A salad with oil and nuts,
- Corn, beans, carrots, cabbage—any two of these
- A potato
- Junket or gelatin

**FIFTH DAY:** The same as the fourth, with the exception of dinner. At this meal a bit of fish, chicken, or an egg may be eaten.

**SIXTH DAY:** The same as the first, repeating these menus for about two weeks, making such changes as the appetite demands in vegetables and fruit only.

**WINTER MENU**  
***FOR MENTAL WORKER***  
***TO INCREASE BRAIN EFFICIENCY***

Eggs, milk, and sugar are the most readily convertible nutrients known to the science of food chemistry. In combination they represent the highest form of the nitrogenous (proteids and the carbohydrate) compounds, therefore to increase physical efficiency one should take as much of these as possible.

If one is under weight, it would be advisable, especially during the cold weather, to take three eggs for breakfast, four eggs with a quart of milk for luncheon, and a vegetable dinner as laid out in Menu II.

Choice of the following menus:

**MENU I**

**MENU II**

**BREAKFAST**

A bunch of grapes  
 One very ripe banana with cream and nut butter  
 A whole wheat gem, eaten with one or two very soft eggs

Two or three eggs, whipped, to which add a teaspoonful of lemon juice, a teaspoonful each of olive-oil and sugar, and one-half glass of milk to each egg

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LUNCHEON

One fresh vegetable	Two eggs prepared as for
A baked potato	breakfast, Menu II
Boiled onions and a bit of fish	
A glass of milk or a cup of hot chocolate	

DINNER

Spinach or a bit of salad	The same as dinner, Menu
Clabbered milk or a bit of fish	I, choosing either clab- bered milk, fish, eggs, or
Baked beans or baked potatoes	white meat of chicken
Boiled onions or carrots	
A cup of chocolate	

Where as many as four eggs are taken at once, a tablespoonful of cognac brandy will make the yolks more digestible and more assimilable, therefore in curative feeding its purpose is medicinal.

## SPRING MENU

*FOR A SCHOOL TEACHER**ANEMIA—SLUGGISH LIVER—UNDERWEIGHT  
NERVOUSNESS*

Choice of the following menus:

## MENU I

Cherries—sweet  
 Corn bread, with butter  
 A cup of hot water  
 A glass of milk

## MENU II

## BREAKFAST

Berries  
 Farina, or oatmeal with  
 cream  
 One whole egg  
 Two cups of chocolate

## LUNCHEON

Boiled rice, or corn hominy,  
 with butter or cream. (A  
 spoonful of sugar may be  
 added, if desired)  
 One or two glasses of water

A large, boiled onion  
 A baked white potato  
 Corn bread  
 Buttermilk

## DINNER

A pint of junket  
 A small piece of corn bread  
 Two or three glasses of milk  
 Half a cup of wheat bran

A small portion of fish or  
 chicken  
 A baked white potato  
 Choice of carrots or onions  
 A green salad or a very  
 small portion of spinach  
 may be eaten at this  
 meal, if desired

Drink one or two glasses of water at each of these meals.

If the breakfast has not digested well, the noon meal should be very light. Bran gems or plain wheat bran may be eaten at each meal until the liver is performing its normal functions.

## SUMMER MENU

*FOR A SCHOOL TEACHER**ANEMIA—SLUGGISH LIVER—UNDERWEIGHT  
NERVOUSNESS*

## MENU I

## MENU II

## BREAKFAST

A cantaloup	Peaches or cantaloup
Tender corn scraped from cob—lightly cooked	Two medium-sized baked potatoes, with butter; eat skins and all
A glass of milk; buttermilk preferred	Two eggs or two glasses of milk
One extremely ripe banana, eaten with nut butter, cream, and raisins	

## LUNCHEON

A vegetable salad	A green salad
Tender corn, boiled	One fresh vegetable
	A bran gem
	Junket or gelatin

## DINNER

A green salad or spinach	Choice of two fresh vegetables
Choice of two vegetables:	
Beans	Corn
Boiled onions	Peas
A baked potato	A baked potato
	A bit of fish or buttermilk
	One baked banana, with cream and nut butter

A liberal quantity of water should be drunk at each of these meals.

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**FALL MENU**

*FOR A SCHOOL TEACHER  
ANEMIA—SLUGGISH LIVER—UNDERWEIGHT  
NERVOUSNESS*

On rising, take the juice of one sweet orange

Choice of the following menus:

**MENU I**

**MENU II**

**BREAKFAST**

Bran meal gems, with butter	A small portion of boiled wheat, with cream
Milk	One egg, either whipped or boiled two minutes

**LUNCHEON**

Two extremely ripe bananas, eaten with nut butter and raisins (Cream or cream cheese may be added, if desired)	Two bananas Half a dozen dates Cream cheese An ounce of nuts A cup of milk
A whole wheat cracker and nut butter	
A glass of milk, if convenient	

## DINNER

Boiled onions, and either carrots or turnips	Spinach or a green salad
A baked white potato	Baked beans or a baked potato
A glass or two of milk	Onions, carrots, turnips, or squash
	One egg or a very small portion of fish

Immediately after dinner, eat a bunch of grapes and drink a cup of hot water.

If there is a tendency toward constipation, take wheat bran just before retiring.

## WINTER MENU

*FOR A SCHOOL TEACHER  
ANEMIA—SLUGGISH LIVER—UNDERWEIGHT  
NERVOUSNESS*

## MENU I

## MENU II

## BREAKFAST

Boiled wheat, with cream	One exceedingly ripe ba-
Two or three glasses of milk	nana, with thin cream
	and nut butter
	Two glasses of milk
	One egg

## LUNCHEON

Two exceedingly ripe bananas, with cream cheese and raisins

Whole wheat bread sandwiches, with nut butter; nuts or cream cheese, if preferred

## DINNER

A green salad

One or two fresh vegetables—choice

A baked potato or corn bread

Half a cup of wheat bran, cooked; serve with cream

If the bowels should act too freely, rice, chestnuts, or sweet potatoes may be eaten liberally with the morning and the evening meal.

## SPRING MENU

***LABORING MAN (LUNCH IN SHOP)  
UNDERWEIGHT—ANEMIC***

## BREAKFAST

- A baked apple
- Boiled wheat or oatmeal
- Wheat bran, cooked
- Two whole eggs, either whipped or lightly poached
- A glass or two of milk or a cup or two of chocolate

## LUNCHEON

- A pint of milk
- Whole wheat bread
- Two very ripe bananas, with nut butter or dates

## DINNER

- A cup of hot water
- Choice of two fresh vegetables:
 

Asparagus	Carrots
Beans	Onions
Beets	Peas
- A green salad
- A bit of fish
- One egg or a glass of buttermilk
- A new potato—baked
- A spoonful or two of wheat bran

A spoonful of nuts and a few dates may be eaten at each of these meals. They should be masticated very thoroughly.

## SUMMER MENU

*LABORING MAN (LUNCH IN SHOP)  
UNDERWEIGHT—ANEMIC*

On rising, take two glasses of water, a spoonful or two of wheat bran, and a bit of fruit.

## FIRST DAY:

## BREAKFAST

Two glasses of fresh milk  
Two eggs, whipped or boiled  
A small dish of whole wheat, cooked  
A spoonful of wheat bran

## LUNCHEON

Four glasses of milk, with hard crackers  
Two eggs, cooked  
A spoonful or two of wheat bran  
Corn bread  
(Drink two glasses of milk an hour before dinner)

## DINNER

Two whipped eggs  
Two glasses of milk  
Two medium-sized, baked white potatoes;  
eat skins and all  
A sauce-dish of wheat bran, cooked

Just before retiring, take two or three tablespoonfuls of wheat bran, in a little water, provided there is a tendency toward constipation; if not, this should be omitted.

**SECOND DAY:** The same as the first, adding another egg to the morning meal, and a bit of fish to the evening meals.

**THIRD DAY:** The same as the second.

**FOURTH DAY:** The same as the first, and so on for a period of a week or ten days.

## FALL MENU

*LABORING MAN (LUNCH IN SHOP)  
UNDERWEIGHT—ANEMIC*

The following menus are composed of but few articles; all of them, however, have a specific purpose.

Immediately on rising, drink a glass of water and eat a bunch of grapes, swallowing skins, seeds and pulp. Do not masticate the seeds or pulp.

Choice of the following menus:

## MENU I

## MENU II

## BREAKFAST

Melon or pears	A melon or a bunch of grapes
Two or three eggs, cooked one and a half minutes	Two or three eggs cooked one and a half minutes
A portion of whole wheat, boiled or simmered over night; serve with cream	Two medium-sized baked white potatoes
	A small portion of wheat bran, cooked

## LUNCHEON

Two or three eggs, taken uncooked from the shell, with a little salt	Two eggs
Whole wheat bread with nut butter	Two exceedingly large bananas, with either nut butter or nuts, and dates or raisins
A banana, eaten with either cream cheese or nut butter, and raisins or dates	

## DINNER

Boiled onions, carrots, squash, corn, turnips, or beets—any two of these	Same as dinner Menu I, substituting chicken for the egg or the fish, if desired
A green salad or cooked spinach, with egg	
A very small portion of fish or an egg	
A liberal portion of baked potatoes	

From one to two glasses of water should be drunk at each of these meals. Mastication should be very thorough.

In the selection of articles composing the dinner, do not make them too numerous. Three or four things are sufficient.

About once a week take—

- One fresh vegetable
- A baked potato
- One egg
- Home-made ice-cream as dessert

The noon meal could consist of three or four eggs whipped with a little sugar, adding a glass of milk to each egg. Place this in a bottle and take a glass every fifteen or twenty minutes, from 12 until 2 P. M.

## WINTER MENU

*LABORING MAN (LUNCH IN SHOP)  
UNDERWEIGHT—ANEMIC*

**FIRST DAY:** Immediately on rising, drink a glass of water, eat a bit of fruit, and devote from five to eight minutes to exercising and deep breathing.

## BREAKFAST

Boiled wheat, with cream and nuts, or nut butter, if convenient; if not, use dairy butter

From three to four glasses of milk (A tablespoonful of ordinary wheat bran at the close of the meal)

## LUNCHEON

A pint of milk

A sandwich of whole wheat bread, with nut butter and cream cheese

One or two bananas, with cream cheese, nuts, and dates

## DINNER

- Celery or a green salad

- Carrots and boiled onions

- Baked white potatoes or baked beans

- A glass of buttermilk

- An egg served on a baked potato

It would be advisable to drink a glass of water at the close of each meal, and, just before retiring, to drink another glass of water and to eat a bit of fruit. Take exercises as already suggested.

**SECOND DAY:** Same as the first.

**THIRD DAY:** Same as the second, varying the vegetables according to appetite or hunger.

**FOURTH DAY:****BREAKFAST**

- Two very ripe bananas, eaten with cream and nut butter
- Four or five figs, eaten with cream and nuts
- Two eggs, very softly boiled, or whipped, if preferred
- A potato, if something salty is desired

**LUNCHEON**

- A sandwich, as for luncheon first day
- Two eggs
- Soaked prunes, or figs, with nut butter or dairy butter

**DINNER**

- Fish, eggs, or chicken
- Choice of two fresh vegetables:
 

Beets	Squash
Carrots	Turnips, etc.
- A baked white potato or baked beans
- A cup of thin cocoa or gelatin
- A cup of hot water
  
- A bit of fruit, exercise, and deep breathing just before retiring.**

**FIFTH DAY:** The same as the fourth, slightly increasing or decreasing the quantity of food according to normal hunger.

**SIXTH DAY:** The same as the first, repeating the diet until there is a perceptible gain in both strength and weight. It should then be changed or modified so as to prevent the appetite from rebelling against the general plan. These changes may be made by selecting different vegetables and fruits. The heavy or proteid part of the diet should be kept about the same as prescribed so long as the work is strenuous.

DIET FOR COLD WEATHER

BREAKFAST

- A cup of hot water
- A baked apple or persimmons
- An omelet, lightly cooked, rolled in grated nuts and whipped cream
- A coarse, cereal-meal waffle or corn bread and butter
- A heaping tablespoonful of coarse wheat bran, cooked  
(Honey, if something sweet is desired)

LUNCHEON

- Baked beans, with olive-oil or butter

DINNER

- A vegetable soup
- Cabbage, cauliflower, or Brussels sprouts
- A lettuce and tomato salad
- A potato, corn, or lima beans
- Corn bread and buttermilk
- Gelatin or junket
- Wheat bran
- Nuts, raisins, and cheese

DIET FOR HOT WEATHER

BREAKFAST

Melon, peaches, or cantaloup  
A whole wheat muffin or a gem  
A banana, with raisins, nuts, and cream

LUNCHEON

Peaches, with sugar and cream  
An ear of tender corn  
A glass of milk

DINNER

A green salad, with nuts  
Two fresh vegetables—peas, beans, or corn  
Ice-cream or ices—fruit flavor (A melon or a  
cantaloup, before retiring)

Two glasses of cool water should be  
drunk at each of these meals.

HOT WEATHER MENU  
*FOR THE PREVENTION OF SUNSTROKE  
AND HEAT PROSTRATION*

BREAKFAST

- Cantaloup
- Peaches, or a small portion of berries, without sugar
- One or two extremely ripe bananas, eaten with nuts, cream, and raisins
- Fresh milk

LUNCHEON

- A green salad or spinach
- Any fresh vegetable, such as squash, onions, turnips, beets, carrots, or parsnips
- A new baked potato—eat skins and all

DINNER

- A green salad, with tomatoes and nuts
- Two vegetables—corn, peas, beans, or asparagus (The vegetables to be cooked in a casserole dish)
- A potato—prepared choice
- One very ripe banana, with figs and either cream cheese or fresh cream

SUGGESTIONS FOR THE PREVENTION OF  
SUNSTROKE

From one to two glasses of cool water should be drunk at each of these meals.

Mastication of every atom should be complete.

Hurried eating is the most prolific cause of fermentation. Fermentation is the cause of intestinal gas, sour stomach and indigestion, also constipation and torpid liver.

Avoid stimulants such as tea, coffee, tobacco, beer, or liquors. These things excite heart activity, which causes excessive body-heat.

Avoid sweets, especially sweet soda-fountain drinks. Sugar is composed largely of carbon, and carbon is one of Nature's greatest heat-makers.

Confine the diet largely to semi-acid fruits, fresh vegetables, green salads, milk, eggs, nuts, and a very limited quantity of bread and cereal products.

Cereal starch is the most difficult of all carbohydrate matter to digest.

Drink an abundance of pure water at meals and between meals.

Avoid all mixed-up, sweetened and charged water. There is nothing better than plain spring or distilled water.

Do not eat too many things at the same meal. Three or four articles are sufficient.

Avoid meat of all kinds, and eat a very limited quantity of fats.

By all means do not overeat. Every atom of food taken into the body that is not used must be cast off at a tremendous expense of energy. The casting-off process is what we call dis-ease.

Every housewife and mother should know enough about the chemistry of food to avoid serving at the same meal things which are chemically inharmonious.

If these simple laws were observed, sunstrokes and heat prostrations would be almost unheard of.

Summer is the time when Nature is rebuilding and revitalizing all forms of animal life; it is also the time when she is producing all of the material with which to do this building in its best and purest form, therefore summer should be the time when people are at their best. The reason they are not is because they do not understand the simple laws that govern human nutrition.

SPRING MENU  
*TO BUILD UP SEXUAL VITALITY  
AND MAINTAIN IT*

BREAKFAST

Very ripe berries, with sugar  
Rare omelet, rolled in whipped cream and  
grated nuts  
Whole wheat bread or boiled whole wheat  
Rich milk  
Wheat bran

LUNCHEON

Two or three eggs, whipped; add a pint of fresh  
milk, a dash of sugar, and a flavor of pineapple  
juice; drink slowly

Fish or lobster, broiled  
Potato and peas  
Junket or gelatin  
Nuts, raisins, and cream cheese  
Chocolate

Only plain water should be drunk at  
these meals.

SUMMER MENU

*TO BUILD UP SEXUAL VITALITY  
AND MAINTAIN IT*

BREAKFAST

Peaches, plums, or any semiacid fruit  
Whole wheat or a coarse cereal, cooked  
Whipped eggs or tender fish  
A whole wheat cracker

LUNCHEON

A green salad, with oil and nuts  
Oysters, crabs, or lobster  
A potato or whole wheat

DINNER

Carrots, peas, beans, corn—any two of these  
A Spanish omelet or white meat of chicken  
A potato  
A glass of rich milk  
A cantaloup or peaches

FALL MENU

*TO BUILD UP SEXUAL VITALITY  
AND MAINTAIN IT*

BREAKFAST

Peaches or cantaloup

Two or three eggs, whipped six or seven minutes; sweeten to taste and flavor with fruit-juice

A cup of junket or gelatin, unsweetened

LUNCHEON

Fish, broiled

One fresh vegetable

A potato

DINNER

Corn and either peas or beans

Fish or chicken

Buttermilk

A potato

**WINTER MENU**  
***TO BUILD UP SEXUAL VITALITY***  
***AND MAINTAIN IT***

On rising, take half a glass of grape juice and a glass of cool water. Devote about fifteen minutes to vigorous exercise and deep breathing. Before eating, take a brisk walk, thinly clad, in the open air.

**FIRST DAY:**

**BREAKFAST**

- Grapes or grape juice
- A small portion of plain wheat, boiled very thoroughly; serve with cream
- Three fresh eggs (See Fall Menu)
- A cup of junket or buttermilk
- Half a glass of water

**LUNCHEON**

- One egg, prepared as for breakfast
- Two glasses of junket or buttermilk
- A liberal portion of gelatin

## DINNER

Celery

Broiled fish; young variety—very tender

A baked potato

One egg whipped as for breakfast

Gelatin or junket—a liberal portion

**SECOND DAY:** Same as the first, reducing—unless the digestion is perfect—the amount prescribed for the noon meal.

**THIRD DAY:** Same as the second, varying the meals by changing fruits, or by adding another fresh vegetable to the evening meal; but, before adding another article, eat the full amount of proteids prescribed: eggs, fish, and gelatin.

**FOURTH DAY:****BREAKFAST**

One or two ripe bananas  
Raisins or figs; or nuts or nut butter  
Two or three glasses of fresh milk

**LUNCHEON**

Baked beans or lentils, with olive-oil or fresh  
butter  
Two or three eggs; preferably uncooked

**DINNER**

Two or three eggs, with two teaspoonfuls of  
sugar; whip seven or eight minutes; add two  
glasses of milk; mix thoroughly; drink slowly  
Bran meal gems  
Half a cup of bran, cooked

**FIFTH DAY:** Same as the fourth.

**SIXTH DAY:** Same as the first.

**SEVENTH DAY:** Same as the second,  
repeating the menus for a period of  
thirty to forty days, varying them by

selecting such vegetables as appeal most to the taste.

If the bowels should become constipated, take half a cup of cleansed wheat bran, cooked, with the breakfast, and, just before retiring, another half cup in hot water.

If possible, spend from two to three hours each day in the open air, taking vigorous exercise. Oxygen is nature's great stimulant and life-giver.

Eat slowly and masticate very thoroughly.

If there is a tendency toward obesity, sugar should be omitted from the meals entirely.

Proteid foods should predominate in the diet. The following are the most soluble and readily assimilable group of proteid foods suitable for these menus, given in the order of richness and importance:

Eggs	Shell-fish	Gelatin
Milk	Fish	Fowl—white meat
Milk products		



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